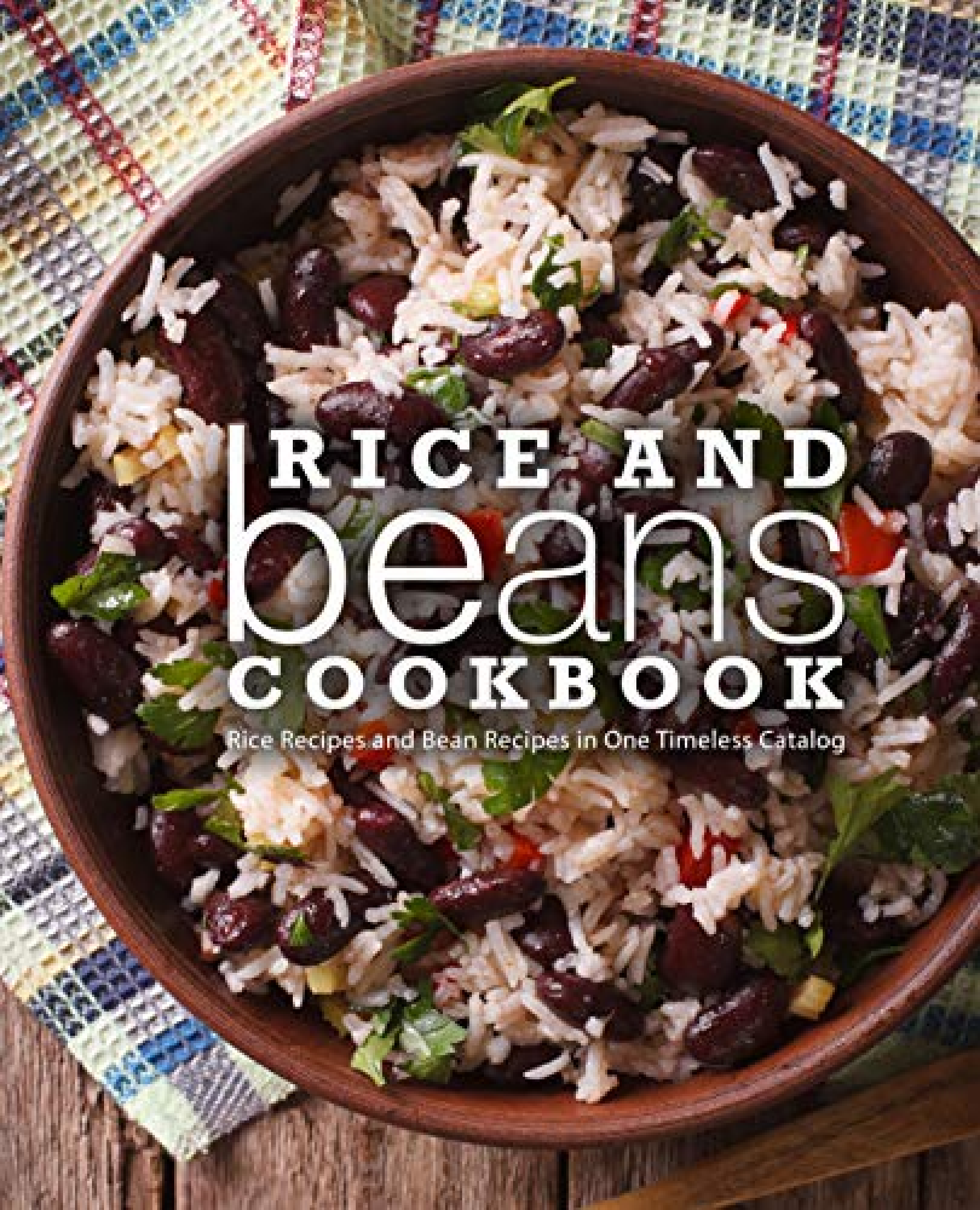
RICE AND
beans
COOKBOOK
Rice Recipes and Bean Recipes in One Timeless Catalog

Rice and Beans Cookbook

Rice Recipes and Bean Recipes in One Timeless Catalog

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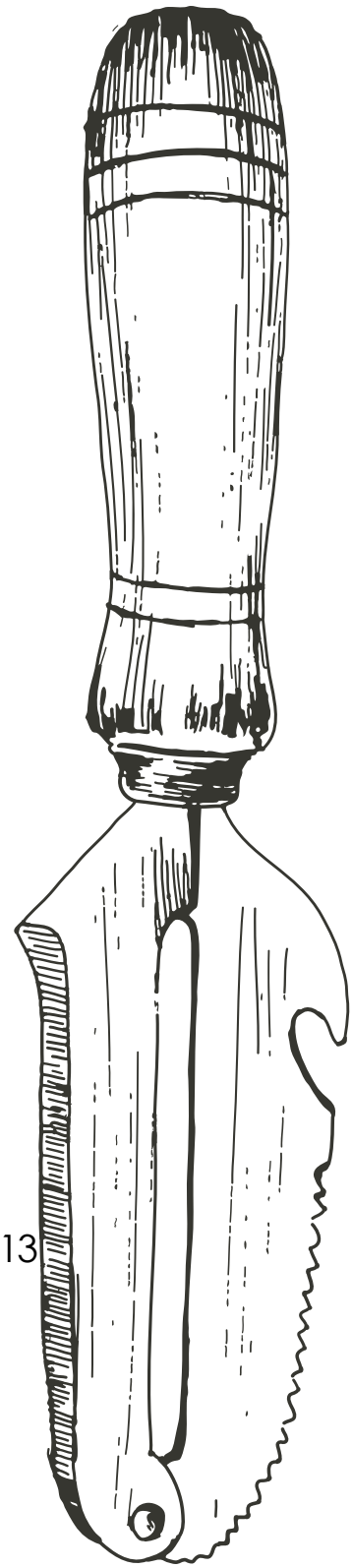

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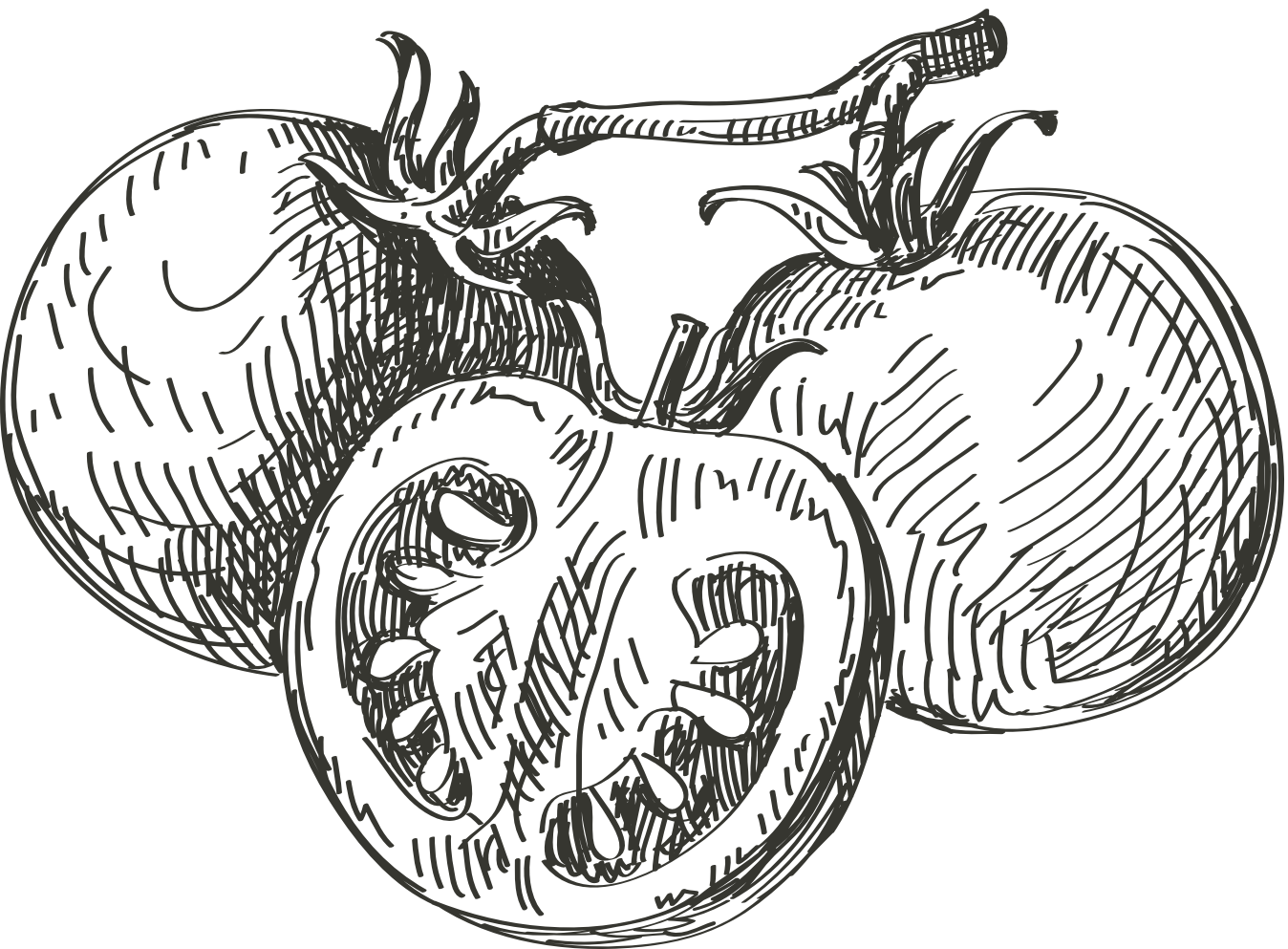

Filipino Breakfast

Prep Time: 10 mins
Total Time: 25 mins

Servings per Recipe: 8

Calories	295 kcal
Fat	13 g
Carbohydrates	28.9 g
Protein	14.2 g
Cholesterol	117 mg
Sodium	602 mg

Ingredients

1 tbsp vegetable oil
2 C. shredded and chopped cooked corned beef
4 oz. spinach, chopped
3 eggs, lightly whisked
5 C. cooked rice
1 tsp garlic powder
salt to taste

Directions

1. In a large skillet, heat the oil on medium heat and cook the corned beef for about 3 minutes.
2. Stir in the spinach and cook for about 2 minutes.
3. Push beef and spinach to the sides of the skillet.
4. Add the eggs in the center and cook for about 3 minutes, stirring continuously.
5. Stir in the rice and cook for about 5 minutes.
6. Stir in the garlic powder and salt and remove from the heat

MAHARAGE
MEUSI
2000
1kg
MAHARAGE
YA
MANJANO
MCHELE
WA
BASMATI
3500
MCHELE
WA
PISHORI
2500

TERIYAKI
Fried Rice II

Prep Time: 10 mins
Total Time: 50 mins

Servings per Recipe: 6	
Calories	246 kcal
Fat	6.5 g
Carbohydrates	33.8 g
Protein	12 g
Cholesterol	51 mg
Sodium	803 mg

Ingredients

1/2 lb. boneless skinless chicken breasts
2 tbsp vegetable oil
3 green onions and tops, chopped
1 carrot, julienned
1 egg, beaten
4 C. cold cooked rice
3 tbsp Kikkoman Roasted Garlic Teriyaki Marinade & Sauce

Directions

1. Cut the chicken into thin strips.
2. In a large skillet, heat the oil on high heat and stir fry the chicken, green onions and carrot for about 3 minutes.
3. Add the egg and cook till firm, stirring gently.
4. Stir in the rice and cook till heated completely.
5. Stir in the roasted garlic teriyaki sauce and remove from the heat.
6. Serve immediately..

Cilantro Orange and Pineapple Fried Rice

Prep Time: 40 mins
Total Time: 1 hr

Servings per Recipe: 2	
Calories	591 kcal
Fat	17.5 g
Carbohydrates	76.1 g
Protein	33.9 g
Cholesterol	359 mg
Sodium	732 mg

Ingredients

1 tbsp vegetable oil, divided
2 eggs, beaten
1/2 lb. peeled and deveined medium shrimp
1 (1 inch) piece fresh ginger root, minced
2 red onions, sliced
3 green chile peppers, chopped
2/3 C. fresh pineapple, diced
1/2 C. orange segments
6 walnuts, chopped
2 C. cold, cooked white rice
1 tbsp soy sauce
2 tbsp chopped fresh cilantro
salt and pepper to taste

Directions

1. In a large skillet, heat 1 tsp of the vegetable oil on medium-high heat and sauté the onions till just tender.
2. Increase the heat to high and heat another 1 tsp of the oil.
3. Stir in the shrimp and cook for about 3 minutes.
4. Transfer the shrimp into a bowl and keep aside.
5. With the paper towels, wipe out the skillet.
6. In the same skillet, heat the remaining 1 tsp of the oil on high heat and sauté the ginger for a few seconds.
7. Stir in the onion and chile peppers and cook for about 1-2 minutes.
8. Stir in the pineapple and oranges and gently cook till the fruit is heated completely.
9. Stir in the rice, walnuts and soy sauce and cook for a few minutes.
10. Stir in the egg, shrimp, cilantro, salt and pepper and cook till heated completely.

FRIED
Rice for Thursday Nights

Prep Time: 15 mins
Total Time: 35 mins

Servings per Recipe: 6

Calories	315 kcal
Fat	13.1 g
Carbohydrates	28.1 g
Protein	20.1 g
Cholesterol	128 mg
Sodium	559 mg

Ingredients

3 tbsp vegetable oil, divided
3 eggs, beaten
3 C. cold, cooked white rice
2 C. chopped cooked chicken
1/2 C. sliced celery
1/2 C. shredded carrot
1 C. frozen green peas, thawed
2 green onions, sliced
3 tbsp soy sauce

Directions

1. In a large skillet, heat 1 tbsp of the oil on medium-high heat and cook the eggs till scrambled.
2. Transfer the scrambled eggs into a plate and keep aside.
3. In the same skillet, heat remaining 2 tbsp of the oil on high heat and stir in the rice.
4. Add the chicken, celery, carrot, peas and green onions and stir to combine.
5. Reduce the heat to medium and cook, covered for about 5 minutes.
6. Stir in the scrambled eggs and soy sauce and cook till heated completely..

Yuki's Shrimp Fried Rice

Prep Time: 30 mins
Total Time: 1 hr

Servings per Recipe: 4	
Calories	553 kcal
Fat	22.8 g
Carbohydrates	61.2 g
Protein	26.4 g
Cholesterol	375 mg
Sodium	1209 mg

Ingredients

2 tbsp olive oil
1 carrot, diced
1/2 green bell pepper, diced
2 C. shrimp, peeled and deveined
1/2 onion, diced
1/2 (15.25 oz.) can whole kernel corn, drained
2 cloves garlic, thinly sliced
1 tbsp olive oil
2 eggs, beaten
4 C. cooked rice, cooled
2 tbsp oyster sauce
2 tbsp soy sauce
1 tbsp butter
1/2 tsp salt
1 tsp butter
4 eggs, divided

Directions

1. In a large skillet, heat 2 tbsp of the olive oil on medium heat and cook the carrot and green bell pepper for about 5 minutes.
2. Stir in the shrimp, onion, corn and garlic and cook for about 5 minutes.
3. Discard any liquid from the skillet.
4. Reduce the heat to low and let mixture simmer.
5. In another skillet, heat 1 tbsp of the olive oil on medium heat and cook 2 beaten eggs 2-3 minutes, stirring continuously.
6. Add the oyster sauce, soy sauce, 1 tbsp of the butter and salt and toss to coat.
7. In a small nonstick skillet, melt 1 tsp of the butter on medium heat.
8. Carefully, break 1 of the remaining eggs in the skillet and cook, covered for about 3 minutes.
9. Transfer the egg into a plate and keep aside.
10. Repeat with the remaining 3 eggs.
11. Transfer the rice into a serving plate and serve with a topping of the fried eggs.

HOW to Make Fried Rice

Prep Time: 25 mins
Total Time: 2 hrs 38 mins

Servings per Recipe: 4	
Calories	493 kcal
Fat	17.2 g
Carbohydrates	55.4 g
Protein	27 g
Cholesterol	161 mg
Sodium	1214 mg

Ingredients

1 lb. boneless chicken thighs, cut into 1/3-inch pieces across the grain
2 tbsp light soy sauce
2 tbsp brown sugar
1/4 tsp ground black pepper
2 tbsp vegetable oil
1/4 C. chopped onion
4 cloves garlic, chopped
2 eggs, beaten
3 tbsp light soy sauce
1 tsp white sugar
1 tsp ground white pepper
4 C. leftover cooked rice
1/4 C. thinly sliced green onions
1/4 C. chopped cilantro

Directions

1. In a bowl, mix together the chicken thighs, 2 tbsp of the soy sauce, brown sugar and black pepper.
2. Refrigerate, covered for about 2 hours to overnight.
3. In a very large skillet, heat the vegetable oil on high heat.
4. Reduce the heat to medium and sauté the onion and garlic for about 2 minutes.
5. Increase the heat to high and cook the marinated chicken for about 4 minutes, stirring continuously.
6. Push the chicken mixture to one side of the skillet.
7. Place the eggs into the empty side and cook for about 2 minutes, stirring continuously.
8. Stir in the chicken mixture, 3 tbsp of the soy sauce, sugar and white pepper and cook for about 1 minute.
9. Stir in the rice and cook for about 4 minutes.
10. Remove from heat and gently, stir in the green onion and cilantro..

Fried Rice Lunch Box

Prep Time: 15 mins
Total Time: 1 hr 45 mins

Servings per Recipe: 4	
Calories	302 kcal
Fat	11.3 g
Carbohydrates	45.5 g
Protein	4.7 g
Cholesterol	0 mg
Sodium	550 mg

Ingredients

1 C. uncooked jasmine rice
1/2 C. water
3 tbsp vegetable oil
2 cloves garlic, minced
2 tbsp chopped carrot
1 tbsp chopped onion
3 tbsp soy-based liquid seasoning
1/4 C. reduced-soy sauce
2 tbsp chopped green onion
1 tbsp chopped cashews
1 tsp raisins
1/4 tsp white sugar
1/4 tsp white pepper
5 canned lychees, drained and quartered

Directions

1. In a pan, add the rice and water on high heat and bring to a boil.
2. Reduce heat to medium-low and simmer, covered for about 20-25 minutes.
3. Transfer the rice into a shallow dish and refrigerate till cold.
4. In large skillet, heat the oil on medium-high heat and sauté the garlic for a few seconds.
5. Add the carrots and onion and cooking till the onion begins to soften.
6. Stir in the cold rice and cook till heated completely.
7. Stir in the soy sauce, soy seasoning, green onions, cashews, raisins, salt and white pepper and cook till heated completely.
8. Stir in the quartered lychees and serve.

KOREAN

Chicken Cutlets and Fried Rice

Prep Time: 20 mins
Total Time: 38 mins

Servings per Recipe: 2	
Calories	824 kcal
Fat	47.4 g
Carbohydrates	64.6 g
Protein	33.6 g
Cholesterol	97 mg
Sodium	1884 mg

Ingredients

2 skin-on, boneless chicken breasts
salt and ground black pepper to taste
1/4 C. peanut oil, divided
1/4 C. Korean barbecue sauce
1 slice fully cooked luncheon meat, cubed
1 tbsp butter
1/2 C. chopped Napa cabbage kimchee
1/4 C. chopped pickled carrot and daikon radish
2 C. cooked white rice, cooled
1 tbsp soy-based liquid seasoning
2 tsp soy sauce
1 tbsp dried garlic flakes
2 tbsp gochujang (Korean hot pepper paste) or sriracha
1 tbsp mayonnaise
1 tsp Sriracha hot sauce
1 green onion, chopped

Directions

1. Place the chicken breasts onto a smooth surface and with a meat mallet, pound into an even thickness.
2. Season with the salt and pepper and coat with 2 tbsp of the peanut oil evenly.
3. Heat a heavy skillet on medium heat and cook the chicken for about 4 minutes per side.
4. Coat the top of the chicken with the barbecue sauce and cook, covered for about 1 minute per side.
5. Transfer chicken into a plate and cover with a piece of the foil to keep warm.
6. With a paper towel, wipe the skillet.
7. In the same skillet, heat remaining 2 tbsp of the peanut oil on medium heat and cook the luncheon meat for about 3-5 minutes.
8. In another skillet, melt the butter on medium heat and cook the pickled carrot, daikon, kimchee and rice for about 1-2 minutes.
9. Stir in the liquid seasoning, soy sauce and garlic flakes and cook for about 3-5 minutes.
10. Add the gochujang and luncheon meat into rice mixture and mix well.

11. Cut the chicken into desired slices.
12. In a small bowl, mix together the mayonnaise and Sriracha hot sauce.
13. Divide the fried rice into serving plates and top with the chicken slices.
14. Place the mayonnaise mixture over the chicken and serve with a garnishing of the green onion on top..

AMERICAN
Fried Rice

Prep Time: 10 mins
Total Time: 40 mins

Servings per Recipe: 4

Calories	431 kcal
Fat	17.3 g
Carbohydrates	58.5 g
Protein	11.8 g
Cholesterol	217 mg
Sodium	837 mg

Ingredients

1 C. uncooked white rice
2 C. water
1/2 C. diced carrots
1/2 C. diced onion
4 tbsp butter or margarine, divided
4 eggs
2 tbsp milk
1 C. ketchup
salt and pepper to taste

Directions

1. In a small pan, add the rice and water and bring to a boil.
2. Reduce the heat to low and simmer, covered for about 15-20 minutes.
3. In a large skillet, melt 1 tbsp of the butter on medium heat and cook the carrots and onion for about 5 minutes, stirring occasionally.
4. Add the cooked rice and stir to combine.
5. Stir in the remaining butter and reduce the heat to medium-low.
6. Stir in the ketchup and simmer for about 5 minutes.
7. Remove from the heat
8. In a small bowl, add the eggs and milk and beat till well combined.
9. Heat a nonstick skillet on medium heat and cook half of the egg mixture till firm, flipping once in the middle way.
10. Transfer the cooked egg into a plate and cut in half.
11. Repeat with the remaining egg mixture.
12. Transfer the rice into a serving plate and serve with a topping of the egg halves..

Fried Rice Glitter

Prep Time: 15 mins
Total Time: 25 mins

Servings per Recipe: 6	
Calories	274 kcal
Fat	14.2 g
Carbohydrates	32.8 g
Protein	2.5 g
Cholesterol	0 mg
Sodium	195 mg

Ingredients

3 C. cooked rice
2 tsp garlic powder
2 tsp onion powder
salt and ground black pepper to taste
2 tbsp grapeseed oil
1/2 red bell pepper, chopped
1/2 carrot, chopped
1/2 stalk celery, chopped
1/4 C. water
1/2 C. French-fried onions

Directions

1. In a large bowl, mix together the rice, garlic powder, onion powder, salt and black pepper.
2. In a large skillet, heat the oil on medium heat and cook the red bell pepper, carrot and celery for about 5 minutes.
3. Add the seasoned rice and water and cook for about 5 minutes.
4. Add the French-fried onions and toss to coat.

NEON
Fried Rice

Prep Time: 15 mins
Total Time: 25 mins

Servings per Recipe: 6

Calories	277.8 kcal
Fat	9.8 g
Cholesterol	98.0 mg
Sodium	723.8 mg
Carbohydrates	38.6 g
Protein	7.6 g

Ingredients

3 eggs
1 tbsp water
1 tbsp butter
2 - 3 tbsp oil
1 medium onion, finely chopped
3 garlic cloves, coarsely chopped
4 C. cold cooked white rice
4 tbsp soy sauce
1 tsp sesame oil
1/2 tsp fresh ground black pepper
2 green onions, finely chopped

Directions

1. In a small bowl, add the eggs and water and beat well.
2. In a large skillet, melt the butter on medium heat.
3. Add the eggs mixture and cook for about 2 minutes, without stirring.
4. Transfer the omelet into a plate and then chop it.
5. In the same skillet, heat the oil and sauté the onion for about 2 minutes.
6. Add the garlic and sauté for about 2 minutes.
7. Stir in the cold rice, soy sauce, sesame oil and black pepper and stir fry for about 5 minutes.
8. Stir in the egg and green onion and serve hot..

Hibachi Fried Rice

Prep Time:
Total Time: 40 mins

Servings per Recipe: 4	
Calories	356.5 kcal
Fat	7.2 g1
Cholesterol	104.4 mg
Sodium	616.0 mg
Carbohydrates	60.6 g
Protein	10.5 g

Ingredients

4 C. cooked rice
1 C. frozen peas, thawed
2 tbsp carrots, finely diced
2 eggs, beaten
1/2 C. onion, diced
1 1/2 tbsp butter
2 tbsp soy sauce
salt
pepper

Directions

1. In a pan, add 2 C. of the water and a pinch of the salt and bring to a boil.
2. Stir in the rice and reduce the heat to low.
3. Simmer, covered for about 20 minutes.
4. Transfer the rice into a large bowl and refrigerate to cool.
5. In a small pan, add the eggs on medium heat and cook till scrambled, breaking into small pieces.
6. After cooling, remove the bowl of rice from the refrigerator.
7. In the bowl of rice, add peas, grated carrot, scrambled egg and diced onion and gently, toss to coat.
8. In a large frying pan, melt the butter on medium-high heat and cook the rice mixture with the soy sauce, a pinch of salt and pepper for about 6-8 minutes, stirring occasionally.

FRIED
Rice in Jakarta

Prep Time: 15 mins
Total Time: 25 mins

Servings per Recipe: 6	
Calories	382.9 kcal
Fat	9.8 g
Cholesterol	129.2 mg
Sodium	497.9 mg2
Carbohydrates	53.1 g
Protein	18.3 g

Ingredients

2 C. uncooked long-grain white rice
2 eggs, beaten
2 tsp sesame oil
1/2 tsp salt
8 oz. boneless skinless chicken thighs, cut into 1/2 inch strips
6 oz. raw shrimp, peeled
2 tbsp vegetable oil
2 tbsp chopped garlic
1 medium onion, finely chopped
2 tsp finely chopped fresh ginger root
1 tbsp dried shrimp paste
1/2 tsp fresh ground black pepper
1 tbsp chili bean sauce
1 tbsp oyster sauce
1 tbsp dark soy sauce
Toppings
3 tbsp finely chopped spring onions
1/2 C. fresh cilantro leaves, chopped

Directions

1. In a large pan of salted water, cook the rice till tender.
2. Drain the rice and spread onto a baking sheet to cool for at least 2 hours.
3. In a bowl, add the eggs, sesame oil and salt and beat till well combined.
4. I a large frying pan, heat the oil till slightly smoking and stir fry the onions, ginger, shrimp paste, garlic and pepper for about 2 minutes, squashing the shrimp paste.
5. Stir in the chicken and shrimp and stir fry for about 2 minutes.
6. Stir in the rice and stir fry for about 3 minutes.
7. Stir in the chili bean sauce, oyster sauce and soy sauce and stir fry for about 2 minutes.
8. Stir in the egg mixture and stir fry for about 1 minute.
9. Serve hot with a garnishing of the spring onion and fresh cilantro..

Hawaiian Fried Rice II

Prep Time: 15 mins
Total Time: 40 mins

Servings per Recipe: 8	
Calories	532.0 kcal
Fat	5.0 g
Cholesterol	139.5 mg
Sodium	2222.7 mg
Carbohydrates	102.6 g
Protein	17.5 g

Ingredients

4 1/2 C. dry rice, cooked and cooled
6 -7 eggs, with a splash water, scrambled
1 (11 oz.) cans Spam lite, diced
1 yellow onion, diced
12 oz. frozen peas and carrots, thawed
Glaze
1 C. aloha shoyu soy sauce
6 -7 tbsp for Kikkoman soy sauce
4 -5 garlic cloves, minced
2 tbsp oyster sauce
1 tsp sesame oil

Directions

1. In a wok, heat 1/2 tbsp of the vegetable oil on medium-high heat and cook the eggs till scrambled.
2. Transfer the scrambled eggs into a bowl.
3. In the same wok, heat 1 tbsp of the oil on medium-high heat and sauté the onions and Spam till golden and starts to crisp.
4. Meanwhile in a bowl, add all the sauce ingredients and stir till the sugar dissolves.
5. Stir in the thawed peas, carrots and sauce mixture and bring to a boil on high heat.
6. Cook till the mixture changes into a glaze.
7. Slowly, add the cooled rice and eggs, breaking up any clumps of rice and cook till heated completely.
8. Serve immediately.

AMERICAN
Mediterranean Fried Rice

Prep Time: 15 mins
Total Time: 40 mins

Servings per Recipe: 6

Calories	197.1 kcal
Fat	5.7 g
Cholesterol	76.8 mg
Sodium	479.3 mg
Carbohydrates	28.4 g
Protein	6.8 g

Ingredients

1 C. rice, uncooked
1 - 2 C. chicken stock
2 - 3 slices bacon, cooked & chopped
2 tbsp shallots (green onions)
1 C. prawns, cooked
2 eggs
1 tbsp lemon juice
2 - 3 tbsp soy sauce

Directions

1. Grease a pan with a little olive oil and cook the eggs till set, breaking the yolks with the knife.
2. Then, cut the eggs into small strips and transfer into a bowl.
3. Add the rice and cook till browned.
4. Add the stock and cook till all the moisture is absorbed.
5. Add the shallots, egg, bacon pieces and cooked prawns and cook till heated completely.
6. Stir in the lemon juice and soy sauce and remove from the heat..

Ho Chi Minh City Fried Rice

Prep Time: 25 mins
Total Time: 40 mins

Servings per Recipe: 4

Calories	762.6 kcal
Fat	20.7 g
Cholesterol	125.9 mg
Sodium	827.2 mg
Carbohydrates	119.5 g
Protein	20.5 g

Ingredients

3 C. steamed white rice
1 C. diced carrot
1 C. diced broccoli
1 C. diced Vietnamese sausage
1 C. diced Vietnamese dried pork roll
1 tsp vegetable oil
1 tbsp diced onion
2 tsp fish sauce
2 eggs
1 tbsp of chopped cilantro

Directions

1. In a skillet, heat the vegetable oil on medium heat and sauté the onion for about1 minute.
2. Stir in the carrot and cook for about 7 minutes.
3. Stir in the broccoli and cook for about 2 minutes.
4. Stir in the sausage, dried pork roll and 2 eggs and reduce the heat to low.
5. Add fish sauce, steamed rice, a pinch of salt and pepper and stir to combine well.
6. Stir in the cilantro and cook for about 5 minutes.
7. Serve hot.

LIME
Fried Rice with Prawns

Prep Time: 15 mins
Total Time: 25 mins

Servings per Recipe: 4	
Calories	379.2 kcal
Fat	7.3 g
Cholesterol	234.7 mg
Sodium	1364.6 mg
Carbohydrates	50.9 g
Protein	23.7 g

Ingredients

2 eggs, lightly beaten
1 (450 g) bags shrimp, frozen, raw, thawed
1 tbsp sesame oil
2 spring onions, sliced
1 garlic clove, crushed
1/2 C. Thai sweet chili sauce, sweet
1 tbsp dark soy sauce
1 tbsp fish sauce
lime juice
3 C. cooked rice
100 g snow peas, trimmed, thinly sliced

Directions

1. Heat a lightly greased frying pan and cook the beaten eggs for about 1-2 minutes.
2. Transfer the omelet onto a chopping board and keep aside to cool.
3. Roll the omelet and cut into thin slices.
4. With the paper towels, pat dry the prawns.
5. In a deep frying pan, heat the sesame oil and cook the prawns till they turn pink.
6. Transfer the prawns into a bowl.
7. Cover with a piece of the foil to keep warm and keep aside.
8. In the same pan, add the spring onions and garlic on medium heat and stir-fry for about 1 minute.
9. Stir in the sweet chills sauce, soma sauce, fish sauce, lime juice, prawns, cooked rice and snow peas and toss to coat well.
10. Stir fry till the rice and prawns are heated completely.
11. Gently, stir in the omelet slices and serve..

King Fried Rice

Prep Time: 15 mins
Total Time: 25 mins

Servings per Recipe: 4	
Calories	915.9 kcal
Fat	21.8 g
Cholesterol	158.6 mg
Sodium	1188.1 mg
Carbohydrates	156.0 g
Protein	19.5 g

Ingredients

4 C. jasmine rice, cooked and cooled
1 C. crabmeat, shredded
1/4 C. cooking oil
1/4 C. soy sauce
3 eggs, beaten
3 tbsp green onions, finely chopped
1 tbsp sesame oil
2 garlic cloves, finely chopped
2 tsp black pepper, ground
2 tsp sugar
1 tsp Thai fish sauce

Directions

1. In a bowl, mix together the sugar, pepper, soy sauce and fish sauce.
2. In a large frying pan, heat the oil on medium heat and lightly, sauté the garlic and green onion.
3. Add the rice and mix till well combined.
4. Add the egg and cook till done.
5. Stir in the crab meat and cook till well combined, breaking up the clumps.
6. Add the sauce mixture and mix well.
7. Serve immediately

SPICY
Jalapeno Fried Rice

Prep Time: 1 hr
Total Time: 1 hr

Servings per Recipe: 6

Calories	502.5 kcal
Fat	32.4 g
Cholesterol	106.3 mg
Sodium	1178.1 mg
Carbohydrates	29.6 g
Protein	21.6 g

Ingredients

1/4 C. low-soy sauce
1 tbsp hoisin sauce
1 tbsp rice vinegar
8 oz. ground pork, optional
4 small chinese sausages, thinly sliced, optional
2 tbsp canola oil
1/2 tsp sesame oil
1/3 C. green onion, sliced
1 tbsp fresh ginger, grated
3 -4 garlic cloves, minced
1 jalapeno, seeded and minced
4 C. cold cooked jasmine rice
1 egg, beaten
1/4 C. cilantro leaf
2 tsp sesame seeds
1/2 C. fresh pineapple, finely diced

Directions

1. In a small bowl, add the soy sauce, hoisin sauce and vinegar and beat till well combined.
2. Heat a large skillet on medium-high and sear the pork till browned completely.
3. With a slotted spoon, transfer the pork into a bowl.
4. In the same skillet, sear the Chinese sausages till browned.
5. With a slotted spoon, transfer the sausage into a bowl.
6. In the same skillet, heat both oils and sauté the onion, ginger, garlic and pepper till just starts to brown.
7. Stir in the pork and sausages.
8. Add the rice, breaking up any lumps with your hands.
9. Stir-fry till the mixture is heated completely.
10. Stir in the vinegar mixture and stir-fry till almost absorbed.
11. Push the rice to one side of the skillet.
12. Add the egg and cook till scrambled.
13. Stir in the cilantro, sesame seeds and pineapple and remove from the heat..

Arizona Fried Rice

Prep Time: 10 mins
Total Time: 30 mins

Servings per Recipe: 6	
Calories	255.4 kcal
Fat	3.4 g
Cholesterol	43.8 mg
Sodium	444.3 mg
Carbohydrates	34.2 g
Protein	22.5 g

Ingredients

1 lb boneless skinless chicken breast, cubed
1 (10 oz.) packages frozen corn, thawed
1 small green pepper, chopped
1 small onion, shopped
2 tsp canola oil
1 C. chicken broth
1 C. salsa
1 tsp chili powder
1/4 tsp cayenne pepper
1 1/2 C. uncooked instant rice
1/2 shredded low-fat cheddar cheese

Directions

1. In a large nonstick skillet, heat the oil and sauté the chicken, corn, green pepper and onion till the chicken becomes golden brown.
2. Stir in the broth, salsa, chili powder and cayenne pepper and bring to a boil.
3. Add the rice and stir to combine well.
4. Cover the skillet and immediately, remove from the heat.
5. Keep aside, covered for about 5 minutes.
6. With a fork, fluff the rice and sprinkle with the cheddar cheese.
7. Keep aside, covered for about 2-3 minutes.

ASIAN
Fusion Fried Rice

Prep Time: 10 mins
Total Time: 35 mins

Servings per Recipe: 4	
Calories	371.8 kcal
Fat	11.8 g
Cholesterol	270.6 mg
Sodium	659.1 mg
Carbohydrates	39.7 g
Protein	25.3 g

Ingredients

4 chicken drumsticks
2 tbsp fresh ginger, grated
2 tbsp soy sauce
2 large carrots, chopped
15 oz. cooked rice
8 oz. sugar snap peas
1/2 C. red pepper, chopped
4 eggs, beaten
green onion, sliced for garnish
soy sauce, for garnish
toasted sesame oil (to garnish)

Directions

1. In a large skillet, heat 1 tbsp of the oil on medium-high heat and sear the chicken with half of the ginger and soy sauce till browned from all the sides.
2. Add 1/2 C. of the water and cook, covered for about 15 minutes.
3. Meanwhile in a microwave safe bowl, add the carrots, remaining ginger and 2 tbsp of the water and microwave on High for about 4 minutes.
4. Add the rice, peas, red pepper and microwave, covered for about 5 minutes, stirring twice.
5. Remove the chicken and juices from the skillet and transfer into a bowl.
6. With paper towels, wipe dry the skillet.
7. In the same skillet, add the eggs and cook for about 3-4 minutes or till scrambled.
8. Stir in the rice mixture and cook till heated completely.
9. Serve ye chicken with the fried rice and serve with a topping of the green onions, soy sauce and sesame oil..

Ground Beef Fried Rice

Prep Time: 10 mins
Total Time: 40 mins

Servings per Recipe: 2	
Calories	315 kcal
Fat	13.1 g
Carbohydrates	28.1 g
Protein	20.1 g
Cholesterol	128 mg
Sodium	559 mg

Ingredients

3 tbsp vegetable oil, divided
3 eggs, beaten
3 C. cold, cooked white rice
2 C. chopped cooked ground beef
1/2 C. sliced mushrooms
1/2 C. shredded carrot
1 C. frozen green peas, thawed
2 green onions, sliced
3 tbsp soy sauce

Directions

1. In a large skillet, heat 1 tbsp of the oil on medium-high heat and cook the eggs till scrambled.
2. Transfer the scrambled eggs into a plate and keep aside.
3. In the same skillet, heat remaining 2 tbsp of the oil on high heat and stir in the rice.
4. Add the ground beef, mushrooms, carrot, peas and green onions and stir to combine.
5. Reduce the heat to medium and cook, covered for about 5 minutes.
6. Stir in the scrambled eggs and soy sauce and cook till heated completely.

FRIED
Rice with Almonds

Prep Time:
Total Time: 40 mins

Servings per Recipe: 4	
Calories	356.5 kcal
Fat	7.2 g
Cholesterol	104.4 mg
Sodium	616.0 mg
Carbohydrates	60.6 g
Protein	10.5 g

Ingredients

4 C. cooked rice
1 C. frozen peas, thawed
2 tbsp almonds, finely diced
2 eggs, beaten
1/2 C. onion, diced
1 1/2 tbsp butter
2 tbsp soy sauce
salt
pepper

Directions

1. In a pan, add 2 C. of the water and a pinch of the salt and bring to a boil.
2. Stir in the rice and reduce the heat to low.
3. Simmer, covered for about 20 minutes.
4. Transfer the rice into a large bowl and refrigerate to cool.
5. In a small pan, add the eggs on medium heat and cook till scrambled, breaking into small pieces.
6. After cooling, remove the bowl of rice from the refrigerator.
7. In the bowl of rice, add peas, almonds, scrambled egg and diced onion and gently, toss to coat.
8. In a large frying pan, melt the butter on medium-high heat and cook the rice mixture with the soy sauce, a pinch of salt and pepper for about 6-8 minutes, stirring occasionally..

Onions, Ginger, and Raisins Brown Rice

Prep Time: 10 mins
Total Time: 55 mins

Servings per Recipe: 7	
Calories	161 kcal
Fat	4.5 g
Carbohydrates	28.2 g
Protein	2.7 g
Cholesterol	4 mg
Sodium	95 mg

Ingredients

1 C. brown rice
2 C. chicken broth
1 tbsp butter
1 bay leaf
1 tbsp vegetable oil
1 C. chopped onion
1 tsp minced fresh ginger
1 tsp ground cumin
1/2 tsp ground coriander
1/3 C. thinly sliced celery
1/4 C. seedless raisins
1 tbsp low-sodium soy sauce
freshly ground black pepper to tast

Directions

1. Boil your rice in broth and butter with a bay leaf.
2. Once everything is boiling, place a lid on the pot, set the heat to low, and gently cook for 37 mins.
3. At the same time stir fry your ginger and onions in veggie oil for 5 mins then add in coriander, celery, cumin, and raisins.
4. Cook for 6 more mins.
5. Combine the raisin mix with the rice and stir to evenly distribute everything throughout the rice.
6. Add your preferred amount of pepper and salt and also add in the soy sauce before serving.
7. Enjoy.

PEPPERS, Kidney Beans, Mushrooms, and Almonds Brown Rice

Prep Time: 20 mins
Total Time: 2 hrs 30 mins

Servings per Recipe: 6

Calories	223 kcal
Fat	4.5 g
Carbohydrates	39.2 g
Protein	7.1 g
Cholesterol	0 mg
Sodium	203 mg

Ingredients

1 C. uncooked brown rice
1 1/2 C. water
1 (15 oz.) can kidney beans, rinsed and drained
1/4 C. chopped red onion
1/4 C. sliced fresh mushrooms
1/4 C. bite-size broccoli florets
1/4 C. chopped green bell pepper
1/4 C. chopped red bell pepper
1/4 C. chopped yellow bell pepper
2 tbsps raw almonds
1/4 tsp coarse black pepper
2 tbsps fat free Italian-style dressing
1 tbsp extra-virgin olive oil

Directions

1. Set your oven to 350 degrees before doing anything else.
2. Place your almonds in a casserole dish and toast them in the oven until aromatic for about 5 to 9 mins.
3. Once toasted and brown place them in a blender and blend them down into little chunks. Place everything to the side.
4. Boil your water and rice, then place a lid on the pot, set the heat to low, and let the contents gently cook for 47 mins.
5. Get a bowl, combine: pepper, rice, blended almonds, kidney beans, bell peppers, onions, broccoli, and mushrooms.
6. Add in your olive oil and dressing and then stir everything.
7. Place the bowl in the fridge for 30 mins until chilled.
8. Enjoy..

Easy Greek Style Brown Rice

Prep Time: 20 mins
Total Time: 2 hrs

Servings per Recipe: 8	
Calories	224 kcal
Fat	12.7 g
Carbohydrates	24.6 g
Protein	4.5 g
Cholesterol	8 mg
Sodium	304 mg

Ingredients

1 C. uncooked long grain brown rice
2 1/2 C. water
1 avocado - peeled, pitted, and diced
1/4 C. lemon juice
2 vine-ripened tomatoes, diced
1 1/2 C. diced English cucumbers
1/3 C. diced red onion
1/2 C. crumbled feta cheese
1/4 C. sliced Kalamata olives
1/4 C. chopped fresh mint
3 tbsps olive oil
1 tsp lemon zest
1/2 tsp minced garlic
1/2 tsp kosher salt
1/2 tsp ground black pepper

Directions

1. Boil your water and rice, then place a lid on the pot, set the heat to low, and let the contents gently cook for 47 mins.
2. Once everything is cool, stir the rice.
3. Get a bowl, combine: pepper, avocado, salt, lemon juice, garlic, tomatoes, lemon zest, cucumber, olive oil, onions, mint, olives, and feta.
4. Now add in your rice and stir the entire mix before placing a covering of plastic around the bowl and putting the bowl in the fridge to chill for 60 mins before serving.
5. Enjoy.

EASY
Jamaican Style Brown Rice

Prep Time: 15 mins
Total Time: 45 mins

Servings per Recipe: 2	
Calories	398 kcal
Fat	10.7 g
Carbohydrates	71.6 g
Protein	6.1 g
Cholesterol	0 mg
Sodium	11 mg

Ingredients

1 tbsp vegetable oil
1/2 large onion, sliced
1/2 red apple, cored and sliced
1 pinch curry powder
1 C. water
2/3 C. brown rice
1 tsp dark molasses or treacle
1 small banana, sliced
1 tbsp unsweetened flaked coconut

Directions

1. Stir fry your apples and onions in oil until the onions are see-through then add in curry.
2. Cook everything for 1 more min before pouring in your water, molasses, and rice.
3. Get everything boiling before placing a lid on the pot, setting the heat to low, and cooking for 32 mins.
4. Add in the bananas and then your coconuts. Get everything hot again then plate the rice.
5. Enjoy..

Easy Indian Style Brown Rice II

Prep Time: 15 mins
Total Time: 55 mins

Servings per Recipe: 4	
Calories	225 kcal
Fat	10.1 g
Carbohydrates	30.7 g
Protein	3.5 g
Cholesterol	23 mg
Sodium	407 mg

Ingredients

3 tbsps butter
1/2 onion, minced
2 cloves garlic, minced
2 C. chicken stock
1 C. brown rice
1 tsp curry powder
1/4 tsp ground turmeric
1/2 tsp dried thyme
1 bay leaf

Directions

1. Stir fry your garlic and onions in butter for 7 mins.
2. Add your broth to a large pot and get it boiling,
3. Once everything is boiling add your rice and: bay leaf, garlic & onions, curry powder, thyme, and turmeric.
4. Place a lid on the pot, set the heat to low, and let the contents gently cook for 42 mins.
5. Let the rice cool before stirring it, then plate.
6. Enjoy.

HONEY, Oranges, Spinach, and Balsamic Brown Rice

Prep Time: 10 mins
Total Time: 1 hr 50 mins

Servings per Recipe: 4	
Calories	425 kcal
Fat	9 g
Carbohydrates	80.8 g
Protein	7 g
Cholesterol	0 mg
Sodium	311 mg

Ingredients

1 1/2 C. uncooked brown rice
3 C. water
2/3 C. orange juice
2 tbsps vegetable oil
2 tbsps balsamic vinegar
2 tbsps honey
2 tsps orange zest
1/2 tsp salt
1 1/2 C. spinach leaves, packed
2 large orange, peeled, sectioned, and cut into bite-size
1/3 C. slivered red onion

Directions

1. Get your water and rice boiling, then place a lid on the pot, and let the contents cook with a low level of heat for 47 mins.
2. At the same time get a bowl, and mix in it: salt, orange zest & juice, oil, honey, and balsamic.
3. Once the rice has finished cooking top it with the dressing mix and place everything in the fridge covered with plastic wrap and let the contents chill for 30 mins.
4. Add your onions and spinach before plating the rice.
5. Enjoy. .

Mushroom Loaf (Vegetarian Approved)

Prep Time: 45 mins
Total Time: 1 hr 55 mins

Servings per Recipe: 6	
Calories	384 kcal
Fat	12.8 g
Carbohydrates	59.3 g
Protein	16 g
Cholesterol	0 mg
Sodium	468 mg

Ingredients

1 tbsp olive oil
12 oz. Crimini mushrooms, chopped
1 small red onion, finely diced
1 red bell pepper, seeded and diced
1 tbsp ground sage
1 1/4 C. cooked brown rice
1/2 C. walnuts, finely chopped
1 envelope onion soup mix
1 C. oat bran
1 C. wheat germ
2 egg whites, lightly beaten
1 tsp Worcestershire sauce
2 tsps prepared mustard

Directions

1. Coat a bread pan with oil or nonstick spray and then set your oven to 350 degrees before doing anything else.
2. Stir fry your: bell peppers, onions, and mushrooms for 7 mins in olive oil then add in some sage and cook for 6 more mins. Then pour everything into a bowl.
3. Combine in the bowl, the following: mustard, rice, Worcestershire, nuts, eggs whites, soup mix, wheat germ, and oat bran.
4. Pack everything into your bread pan and make sure the top is flat before cooking the loaf in the oven for 60 mins.
5. Cool the mix for 13 mins before cutting the loaf for serving.
6. Enjoy.

CINNAMON and Almonds Brown Rice (Breakfast III)

Prep Time: 5 mins
Total Time: 2 hrs 5 mins

Servings per Recipe: 8	
Calories	326 kcal
Fat	5.8 g
Carbohydrates	61 g
Protein	8 g
Cholesterol	19 mg
Sodium	298 mg

Ingredients

4 C. water
2 C. uncooked brown rice
3/4 tsp salt
2 C. milk
1 (12 fluid oz.) can evaporated milk
1/2 tsp almond extract
1 C. sugar
1 (3 inch) piece cinnamon stick

Directions

1. Get your rice boiling in water then add in your salt, place a lid on the pot, set the heat to low, and cook for 47 mins.
2. Add the following to the rice: sugar, the cinnamon stick, regular milk, extract, and evaporated milk.
3. Take the lid off of the pot and cook for 1 hr. more.
4. Enjoy..

Green Beans, Asparagus, and Cheddar Brown Rice

Prep Time: 15 mins
Total Time: 1 hr 45 mins

Servings per Recipe: 12	
Calories	238 kcal
Fat	10 g
Carbohydrates	19.1 g
Protein	17.5 g
Cholesterol	47 mg
Sodium	714 mg

Ingredients

2 (10.75 oz.) cans condensed cream of asparagus soup
10 3/4 fluid oz. milk
1 1/2 C. water
1 lb chopped cooked chicken
1 C. uncooked brown rice
2 (14.5 oz.) cans French cut green beans
1 1/2 C. shredded Cheddar cheese
1 C. chopped onion
3 cloves garlic, crushed
1 tbsp dried parsley
1 1/2 tsps dried basil
1 tsp dried dill weed
salt and pepper to taste

Directions

1. Coat a baking dish with oil or nonstick spray and then set your oven to 375 degrees before doing anything else.
2. Get a bowl, combine: pepper, soup, salt, milk, dill, water, basil, chicken, parsley, rice, garlic, beans, onions, and cheese.
3. Pour everything into your dish and then cook the contents in the oven for 90 mins.
4. Also if the mix gets too dry during its cooking, feel free to add more water.
5. Enjoy.

LIME and Garlic Brown Rice

Prep Time: 10 mins
Total Time: 45 mins

Servings per Recipe: 4	
Calories	359 kcal
Fat	3.8 g
Carbohydrates	73.6 g
Protein	7.3 g
Cholesterol	0 mg
Sodium	454 mg

Ingredients

4 C. water
2 C. brown rice
1 lime, juiced
1 tsp minced garlic
1 tsp extra-virgin olive oil
1 tsp sea salt
1/2 C. chopped fresh cilantro

Directions

1. Get your rice and water boiling, then place a lid on the pot, and let the contents cook for 47 mins over a lower level of heat.
2. After the rice has cooked, let it cool a bit, then stir it before pouring it all into a bowl.
3. Get a 2nd bowl, add: salt, lime juice, cilantro, olive oil, and garlic.
4. Stir everything nicely then mix it all with the rice.
5. Plate your rice.
6. Enjoy..

Easy Thai Style Brown Rice

Prep Time: 30 mins
Total Time: 1 hr

Servings per Recipe: 6	
Calories	644 kcal
Fat	35.4 g
Carbohydrates	51.6 g
Protein	34.7 g
Cholesterol	52 mg
Sodium	689 mg

Ingredients

1 1/2 tbsps grated ginger
2 cucumbers, cut in half lengthwise, then into .5 in pieces.
1/3 C. vegetable oil
1 1/2 tbsps sugar
1 1/2 tbsps garlic, minced
1/2 C. red onion, finely chopped
6 oz. fresh spinach, cut into strips
3 C. cooked chicken, cut into 1/2-inch cubes
1/2 C. fresh basil, cut into strips
3/4 C. peanut butter
1/2 C. rice vinegar
1/2 poblano chili, seeded and chopped
1/3 C. lite soy sauce
1 1/2 C. Brown Rice

Directions

1. Get your rice boiling in the water, place a lid on the pot, set the heat to low, and simmer everything for 47 mins or until you find that the rice is tender.
2. Let the rice loose some of its heat then stir with a fork and add it to a bowl.
3. Get a 2nd bowl, combine: poblanos, peanut butter, garlic, vinegar, ginger, oil, sugar, and soy sauce.
4. Add the cucumbers with your rice and then add onions, chicken, and mix everything.
5. Now top the cucumber mix with the contents of the 2nd bowl.
6. Add some basil and spinach before plating the rice.
7. Enjoy.

EASY
Stuff Peppers

Prep Time: 20 mins
Total Time: 55 mins

Servings per Recipe: 6	
Calories	230 kcal
Fat	6.5 g
Carbohydrates	33.4 g
Protein	10.7 g
Cholesterol	18 mg
Sodium	309 mg

Ingredients

1 1/4 C. water
1 (3 oz.) package reduced-fat cream cheese, softened
2 C. cooked brown rice
2 C. chopped fresh spinach
1 (10 oz.) can diced tomatoes with green chili peppers
1 (15 oz.) can no-salt-added black beans, drained and rinsed
2 tbsps dried minced onion
1 tsp ground cumin
1 tsp dried oregano
3 large bell peppers, cut in half, with stems discarded
1/2 C. shredded Cheddar cheese

Directions

1. Set your oven to 350 degrees before doing anything else.
2. Get a casserole dish and add in some water.
3. Get a bowl, mix: oregano, brown rice, cumin, spinach, diced tomatoes, onions, beans, and cream cheese.
4. Divide the mix between your peppers and stuff them.
5. Layer everything in your dish and top with the cheese.
6. Cook everything in the oven for 40 mins.
7. Enjoy..

Rustic Style Brown Rice

Prep Time: 10 mins
Total Time: 1 hr 25 mins

Servings per Recipe: 10	
Calories	190 kcal
Fat	10.6 g
Carbohydrates	20.1 g
Protein	4.5 g
Cholesterol	10 mg
Sodium	327 mg

Ingredients

Cooking spray
2 1/2 C. chicken broth
1 1/2 C. brown and wild rice mix
3 tbsps butter
1 C. slivered almonds
2 tbsps dried parsley
1 C. sweetened dried cranberries
1/4 tsp salt
1/4 tsp ground black pepper

Directions

1. Coat a casserole dish with nonstick spray and then set your oven to 375 degrees.
2. Add your rice to the casserole dish then top with broth which was previously boiling.
3. Place a wrapping of foil around the dish and cook everything in the oven for 60 mins.
4. Stir fry your almonds in butter for 6 mins then add in some parsley and cook for 4 more mins.
5. Get a bowl, combine: pepper, baked rice, salt, almond mix, and berries together then plate the mix for serving.
6. Enjoy.

SAGE and Black Bean Brown Rice

Prep Time: 15 mins
Total Time: 1 hr 55 mins

Servings per Recipe: 4	
Calories	101 kcal
Fat	1.2 g
Carbohydrates	15.4 g
Protein	6.8 g
Cholesterol	14 mg
Sodium	759 mg

Ingredients

5 C. chicken broth
2 skinless, boneless chicken breast halves
1 C. diced celery
1 C. diced onion
1/4 C. diced carrots
1/4 C. corn
1/4 C. drained and rinsed black beans
1 tsp dried sage
1 tsp ground black pepper
1 tsp salt
1 bay leaf
3/4 C. brown rice

Directions

1. Get your broth boiling and cook the chicken in it for 22 mins.
2. Then place the chicken to the side before shredding it.
3. Add the following to the boiling broth: bay leaves, chicken, salt, rice, celery, pepper, onions, sage, carrots, black beans, and corn.
4. Let the contents continue to cook for 60 more mins. Then serve after letting it sit for 12 to 15 mins.
5. Enjoy..

Easy Moroccan Style Brown Rice

Prep Time: 15 mins
Total Time: 1 hr 30 mins

Servings per Recipe: 6	
Calories	681 kcal
Fat	23.1 g
Carbohydrates	82.2 g
Protein	36.6 g
Cholesterol	97 mg
Sodium	1425 mg

Ingredients

1/2 C. soy sauce
1/2 C. fresh lemon juice
1/2 C. sherry
1/2 C. honey
1/2 tsp ground thyme
2 tsps curry powder
1/2 tsp dried oregano
1/2 tsp ground ginger
1/2 tsp ground black pepper
1 clove garlic, pressed
3 lbs cut up chicken pieces
1 1/2 C. uncooked brown rice
3 C. water
2 tbsps olive oil
8 pitted prunes
8 dried apricot halves

Directions

1. Place your chicken in a bowl with the following: garlic, soy sauce, black pepper, lemon juice, ginger, sherry, oregano, honey, curry, and thyme.
2. Place a covering of plastic wrap around the bowl and marinate it in the fridge for 60 mins to overnight (longer is better).
3. Get your water and rice boiling, then place a lid on the pot, let the contents cook for 47 mins with a low level of heat.
4. Stir fry your chicken in olive oil until fully browned then add in apricots and prunes.
5. Cook for 1 more min before pouring in the marinade.
6. Let the contents lightly boil with a low to medium level of heat until the chicken is fully done for about 17 mins.
7. Enjoy the rice with a topping of chicken.

PEPPERS and Honey Brown Rice

Prep Time: 20 mins
Total Time: 2 hrs 20 mins

Servings per Recipe: 8	
Calories	203 kcal
Fat	6.9 g
Carbohydrates	30.5 g
Protein	5.5 g
Cholesterol	14 mg
Sodium	143 mg

Ingredients

1 2/3 C. uncooked brown rice
2 1/2 C. water
1 C. low fat sour cream
1 tbsp red wine vinegar
1 tbsp fresh lime juice
2 tsps honey
1/2 tsp ground cumin
1/4 tsp chili powder
1/4 tsp salt
1/8 tsp black pepper
2 slices bacon
1 C. diced red bell pepper
1 C. chopped green onions
1/2 C. frozen green peas, thawed
1/4 C. toasted almond slices
2 tbsps chopped cilantro

Directions

1. Boil your water and rice and the place a lid on the pot, set the heat to low and let the contents cook for 47 mins then let it cool, and stir it.
2. Pour the rice in a bowl, and add to the bowl: pepper, sour cream, salt, vinegar, chili powder, lime juice, cumin, and honey.
3. Place the mix in the fridge after stirring and then fry your bacon and break it into pieces.
4. Get a bigger bowl, and combine: cilantro, rice, almonds, dressing, peas, bacon, onions, and bell peppers.
5. Place everything back in the fridge for 60 mins.
6. Enjoy..

Backroad Style Brown Rice

Prep Time: 20 mins
Total Time: 1 hr 50 mins

Servings per Recipe: 15	
Calories	170 kcal
Fat	9.1 g
Carbohydrates	18.7 g
Protein	4.5 g
Cholesterol	17 mg
Sodium	283 mg

Ingredients

Cooking spray
1/2 C. butter
1 C. uncooked wild rice
3/4 C. uncooked brown rice
6 green onions, chopped
1 (8 oz.) package sliced mushrooms
1 (2.25 oz.) package slivered almonds
1 (10.5 oz.) can condensed French onion soup
1 (10.5 oz.) can beef consommé

Directions

1. Coat a casserole dish with nonstick spray and then set your oven to 350 degrees before doing anything else.
2. Toast your brown & wild rice in butter for 7 mins then add in the onions and cook for 4 more mins before adding the almonds, consommé, soup, and mushrooms.
3. Pour everything into your casserole dish and place a covering of foil around it. Cook the contents it in the oven for 75 mins.
4. Then stir everything.
5. Enjoy.

EASY
Mexican Style Brown Rice II

Prep Time:
Total Time: 2 hr 20 mins

Servings per Recipe: 8	
Calories	397 kcal
Fat	22.6 g
Carbohydrates	42.4 g
Protein	9.1 g
Cholesterol	0 mg
Sodium	532 mg

Ingredients

2 C. cooked quinoa
1 (15 oz.) can pinto beans, rinsed and drained
1 (15 oz.) can kidney beans, rinsed and drained
1 (14 oz.) can corn
1 red onion, chopped
1 C. cooked brown rice
1 red bell pepper, chopped
1/4 C. chopped fresh cilantro

Dressing:
3/4 C. olive oil
1/3 C. red wine vinegar
1 tbsp chili powder, or to taste
2 cloves garlic, mashed
1/2 tsp salt
1/2 tsp ground black pepper
1/4 tsp cayenne pepper, or to taste

Directions

1. Get a bowl, combine: cilantro, quinoa, bell peppers, beans, rice, corn, and onions.
2. Get a 2nd bowl, combine: black and cayenne pepper, olive oil, garlic, vinegar, and chili powder.
3. Combine both bowls, then stir the mixture.
4. Place a covering over the bowl and leave it in the fridge for at least 60 mins before serving.
5. Enjoy..

Cheesy Veggie Burgers (Vegetarian Approved)

Prep Time: 10 mins
Total Time: 20 mins

Servings per Recipe: 4	
Calories	484 kcal
Fat	9.5 g
Carbohydrates	75 g
Protein	24.4 g
Cholesterol	58 mg
Sodium	1192 mg

Ingredients

1 (15 oz.) can black beans, rinsed and drained
1 C. cooked brown rice
1 small onion, finely chopped
1 egg, lightly beaten
1 C. bread crumbs
2 tbsps salsa
1/4 C. reduced-fat sour cream
1/4 C. salsa
4 hamburger buns, split
4 lettuce leaves
4 slices reduced-fat Cheddar cheese

Directions

1. Get a bowl and mash your beans in it. Then add in: salsa (2 tbsps), rice, bread crumbs, eggs, and onions.
2. Form half a C. of the mixture into patties then fry them in oil for 4 mins for each side.
3. Get a 2nd bowl, combine: salsa (4 tbsps), and sour cream.
4. Layer the following on your bun: a patty, cheddar, salsa mix, and lettuce.
5. Do this for the remaining contents.
6. Enjoy.

CILANTRO and Tea Brown Rice

Prep Time: 5 mins
Total Time: 1 hr

Servings per Recipe: 6	
Calories	150 kcal
Fat	2.9 g
Carbohydrates	27.9 g
Protein	2.8 g
Cholesterol	5 mg
Sodium	20 mg

Ingredients

3 C. water
1 jasmine herbal tea bag
1 cube vegetable bouillon
1 1/2 C. uncooked brown rice
1 tbsp butter
2 tbsps chopped fresh cilantro

Directions

1. Boil your water with the tea bag as well.
2. Then take out the tea bag after 2 mins of boiling.
3. Add the bouillon and the rice.
4. Get everything boiling again, before placing a lid on the pot, setting the heat to low, and cooking the mix for 47 mins.
5. Shut the heat and once the rice has cooled off a bit stir it and add in your butter.
6. When serving add a garnishing of cilantro.
7. Enjoy..

Parsley, Kale, and Tofu Brown Rice

Prep Time: 20 mins
Total Time: 1 hr 35 mins

Servings per Recipe: 12	
Calories	289 kcal
Fat	11.3 g
Carbohydrates	39 g
Protein	11.5 g
Cholesterol	0 mg
Sodium	770 mg

Ingredients

2 C. brown rice
4 C. water
1 (16 oz.) package extra firm tofu, diced
3/4 C. tamari almonds
1/4 C. sesame seeds
1 bunch kale, ribs removed, chopped
1/2 large head red cabbage, chopped
1 C. shredded carrot
1 C. chopped fresh flat-leaf parsley
1/2 C. chopped fresh dill
1/2 C. lemon juice
1/2 C. tamari soy sauce
2 tbsps extra-virgin olive oil
8 cloves garlic, chopped
1/4 C. stone-ground mustard
salt and ground black pepper to taste

Directions

1. Get your water and rice boiling then place a lid on the pot, set the heat to low and let the contents cook for 47 mins.
2. Add the rice to a bowl after a few mins and then put it in the fridge to get cold.
3. Meanwhile get a bowl, combine: mustard, lemon juice, olive oil, soy sauce, and garlic.
4. Take out your rice and add to the bowl: dill, tofu, parsley, almonds, carrots, sesame seeds, red cabbage, and kale.
5. Top the rice with the lemon dressing and stir everything.
6. Enjoy.

SWEET
Chive Patties

Prep Time: 15 mins
Total Time: 30 mins

Servings per Recipe: 6	
Calories	285 kcal
Fat	6.1 g
Carbohydrates	53.4 g
Protein	9.9 g
Cholesterol	62 mg
Sodium	620 mg

Ingredients

Get a bowl, mix: chives, corn, eggs, rice, and milk.
Get a 2nd bowl, mix: black pepper, flour, salt, baking powder, and nutmeg.
Combine both bowls then fry a quarter of a C. of mix in olive oil for 4 mins for each side.
Place on paper towel to drain excess oils.
Enjoy.

Directions

1. Get a bowl, mix: chives, corn, eggs, rice, and milk.
2. Get a 2nd bowl, mix: black pepper, flour, salt, baking powder, and nutmeg.
3. Combine both bowls then fry a quarter of a C. of mix in olive oil for 4 mins for each side.
4. Place on paper towel to drain excess oils.
5. Enjoy.

Easy Hawaiian Style Brown Rice

Prep Time: 10 mins
Total Time: 1 hr

Servings per Recipe: 6	
Calories	352 kcal
Fat	9.7 g
Carbohydrates	46.8g
Protein	21.5 g
Cholesterol	102 mg
Sodium	1033 mg

Ingredients

2 C. Minute(R) Brown Rice, uncooked
1 (20 oz.) can crushed pineapple, divided
1 (20 oz.) package ground turkey or chicken
3/4 C. green onions, thinly sliced, divided
1/2 C. teriyaki sauce, divided
1 egg, lightly beaten
1 tsp ground ginger
1/2 tsp ground nutmeg
2 tbsps orange marmalade

Directions

1. Cook the rice in line with its associated directions then set your oven to 350 degrees before doing anything else.
2. Separate half a C. of pineapple juice for later.
3. Get a bowl, combine: nutmeg, ground meat, ginger, rice, half of the teriyaki, half of the pineapple, and half of the onions.
4. Shape the mix into balls.
5. Then layer them in a casserole dish coated with nonstick spray and cook everything in the oven for 27 mins.
6. Meanwhile simmer the following remaining ingredients for 5 mins: orange marmalade, pineapple and juice, onions, and teriyaki.
7. When the meatballs are done top with the sauce.
8. Enjoy.

CAJUN
Chickpeas

Prep Time: 4 mins
Total Time: 49 mins

Servings per Recipe: 8	
Calories	126.5
Fat	1.2g
Cholesterol	0.0mg
Sodium	317.9mg
Carbohydrates	24.0g
Protein	5.2g

Ingredients

2 (15 oz.) cans garbanzo beans, drained and rinsed
cooking spray
1 tbsp Cajun seasoning, see appendix
1 tsp garlic powder
1 tsp onion powder
cayenne

Directions

1. Before you do anything, preheat the oven to 350 F.
2. Line up a baking sheet with a piece of foil. Lay in it the chickpeas in an even layer.
3. Spray it with a cooking spray. Add the spices and stir them well to coat.
4. Place the pan in the lowest rack of the oven. Let them cook for 46 min. Stir them every 18 min.
5. Serve your golden beans warm as a topping.
6. Enjoy.

Southwest Dump Dinner (Rice and Beans)

Prep Time: 5 mins
Total Time: 3 hr 5 mins

Servings per Recipe: 1	
Calories	1898.7
Fat	7.6g
Cholesterol	0.0mg
Sodium	6522.4mg
Carbohydrates	353.9g
Protein	105.7g

Ingredients

1 (1 lb.) bag dried pinto bean
1/3 C. picante sauce
2 1/2 tsp salt
1/2 tsp pepper
1 tsp garlic powder
1 tbsp garlic, minced
1 tbsp chili powder
1/2 tsp cumin
1/2 tsp oregano
3 bay leaves
1 C. cooked white rice

Directions

1. Place the beans in a slow cooker or crockpot. Cover them with water until it is 2 inches on top of it.
2. Stir in the spices with picante sauce and bay leaves. Put on the lid and let them cook for 3 h on high.
3. Once the time is up, stir in the rice. Serve your beans rice hot with your buttered corn.
4. Enjoy.

REFRIED
Jalapeno Dip

Prep Time: 15 mins
Total Time: 8 hr 15 mins

Servings per Recipe: 15	
Calories	31.4
Fat	0.4g
Cholesterol	0.0mg
Sodium	456.0mg
Carbohydrates	6.1g
Protein	2.3g

Ingredients

1 onion, peeled and halved
3 C. dry pinto beans, rinsed
1 - 2 jalapeno pepper, seeded and chopped
2 tbsp minced garlic
2 1/2 tsp salt
1 3/4 tsp ground black pepper
1/8 tsp ground cumin
9 C. water

Directions

1. Get a slow cooker: Stir in all the ingredients. Put on the lid and let them cook for 8 h on high.
2. Once the time is up, strain the beans mixture. Transfer it to a blender and blend it smooth.
3. Adjust the seasoning of your refried beans then serve it warm.
4. Enjoy.

Buttery Beans Supreme

Prep Time: 30 mins
Total Time: 45 mins

Servings per Recipe: 6	
Calories	70.5
Fat	5.1g
Cholesterol	10.1mg
Sodium	38.3mg
Carbohydrates	5.8g
Protein	1.9g

Ingredients

1 lb. green beans
2 tbsp slivered almonds
2 tbsp butter
1 tsp lemon juice

Directions

1. Place a saucepan of salted water over high heat. Bring it to a boil.
2. Cook in it the green beans for 7 to 9 min. Drain them and discard the water.
3. Place a pan over low heat. Heat the butter. Toast in it the almonds for 3 min.
4. Turn off the heat. Stir in the lemon juice.
5. Place the green beans on a serving plate. Drizzle the butter mixture over it.
6. Serve it right away.
7. Enjoy.

20-MINUTE
Rice and Beans

Prep Time: 10 mins
Total Time: 20 mins

Servings per Recipe: 6	
Calories	510.2
Fat	22.8g
Cholesterol	46.2mg
Sodium	1125.7mg
Carbohydrates	52.5g
Protein	22.3g

Ingredients

1 lb. beef sausage, sliced into chunks
1 (14 oz.) cans dark red kidney beans
1 (14 oz.) cans light kidney beans
2 C. chicken broth
1 C. water
1/2 C. chopped red bell pepper
1/2 C. chopped onion
1/2 C. celery
2 tbsp cayenne seasoning
2 tsp Louisiana hot sauce
1 C. white rice

Directions

1. Place a pan over medium heat. Cook the sausages for 4 min.
2. Stir in the veggies and cook them for 6 min. Stir in the rest of the ingredients.
3. Let them cook until they start boiling. Lower the heat and let them cook for 14 to 18 min until the rice is done.
4. Enjoy.

Refried Bean Hot Pot

Prep Time: 15 mins
Total Time: 55 mins

Servings per Recipe: 6	
Calories	318.5
Fat	17.4g
Cholesterol	51.4mg
Sodium	692.9mg
Carbohydrates	20.5g
Protein	20.7g

Ingredients

1 large onion, chopped
2 stalks celery, chopped
1 red bell pepper, chopped
2 tbsp oil
1 lb. ground beef
1 (28 oz.) cans peeled tomatoes
1 (15 oz.) cans refried beans
1 tsp ground cumin
1 tsp chili powder
1 tsp minced garlic
1 pinch cinnamon
1 pinch cayenne
2 C. beef stock
salt and pepper

Directions

1. Place a stew pot over medium heat. Heat the oil and cook the veggies for 6 min.
2. Stir in the beef and cook them for 5 min. Stir in the tomatoes and refried beans with the garlic and spices.
3. Add the stock and cook them until they start boiling. Lower the heat and let them cook for 32 min.
4. Adjust the seasoning of the soup then serve it hot as it is or blend it smooth.
5. Enjoy.

CHICKPEA
Salad

Prep Time: 10 mins
Total Time: 10 mins

Servings per Recipe: 6	
Calories	181.0
Fat	8.9g
Cholesterol	0.0mg
Sodium	394.7mg
Carbohydrates	22.1g
Protein	4.1g

Ingredients

1 (15 oz.) cans garbanzo beans, drained
1 medium cucumber, sliced and quartered
1/3 C. chopped red onion
1/4 C. minced parsley
1/2 C. sliced olive
3 tbsp vegetable oil
3 tbsp red wine vinegar
1 tbsp sugar
1 tbsp lemon juice
2 garlic cloves, minced
1/4 tsp salt
1/8 tsp ground pepper

Directions

1. Get a mixing bowl: Stir in the beans, cucumber, onion, parsley and olives.
2. Get a small mixing bowl: Whisk in oil with vinegar, sugar, lemon juice, garlic, salt and pepper.
3. Drizzle the dressing over the salad. Stir it to combine.
4. Place the salad in the fridge and let it sit for at least an overnight.
5. Enjoy.

American Bean Salad

Prep Time: 10 mins
Total Time: 15 mins

Servings per Recipe: 10	
Calories	253.6
Fat	11.6g
Cholesterol	0.0mg
Sodium	458.4mg
Carbohydrates	32.0g
Protein	6.0g

Ingredients

2 C. cut green beans
2 C. dark red kidney beans
2 C. garbanzo beans
1 medium red onion, chopped
1 medium green pepper, chopped
1/2 C. canola oil
1/2 C. white vinegar
1/2 C. sugar
1 tsp salt
1/4 tsp white pepper

Directions

1. Place a large saucepan of salted water over high heat. Bring it to a boil.
2. Cook in green beans for 7 to 10 min until they become tender. Drain them.
3. Get a mixing bowl: Whisk in oil with vinegar, sugar, salt and pepper.
4. Get a serving bowl: Combine the green beans with onion, garbanzo beans, and red beans.
5. Add the dressing and mix them to coat. Place it the salad in the fridge for at least 5 h.
6. Garnish it with some crumbled feta cheese.
7. Enjoy.

BAJA
Bean Casserole

Prep Time: 10 mins
Total Time: 45 mins

Servings per Recipe: 8	
Calories	196.7
Fat	5.0g
Cholesterol	11.8mg
Sodium	408.0mg
Carbohydrates	32.6g
Protein	6.9g

Ingredients

2 C. cooked white rice
1 (15 oz.) cans black beans, rinsed and drained
1 C. frozen corn
1 (10 oz.) cans of diced Mexican-style tomatoes
1 C. salsa
1 C. low-fat sour cream
2 C. shredded reduced-fat Mexican cheese blend, divided
1 small red onion, chopped
1 (2 1/4 oz.) cans sliced ripe olives, drained

Directions

1. Before you do anything, preheat the oven to 350 F.
2. Get a mixing bowl: Mix the beans, corn, tomatoes, salsa, sour cream, 1 C. cheese, rice, salt and pepper.
3. Spoon the mixture into a greased casserole pan. Lay over it the onions with olives.
4. Place the casserole in the oven. Top it with 1 C. of cheese.
5. Let it cook in the oven for 8 min. Serve it hot.
6. Enjoy.

Ms. Kim's Kidney Beans

Prep Time: 5 mins
Total Time: 15 mins

Servings per Recipe: 3	
Calories	230.4
Fat	1.1g
Cholesterol	0.0mg
Sodium	1598.6mg
Carbohydrates	44.5g
Protein	11.5g

Ingredients

3 tbsp soy sauce
3 tbsp packed brown sugar
1/3 C. water
1 tbsp ketchup
3 cloves garlic, crushed
1/2 tsp grated ginger
1 (19 oz.) cans kidney beans, rinsed and drained
2 tsp cornstarch
1/4 C. water

Directions

1. Place a heavy saucepan over medium heat.
2. Stir in the soy sauce, brown sugar, 1/3 C. water, ketchup, garlic and ginger.
3. Get a mixing bowl: Combine 1/4 C. of water with cornstarch.
4. Add it to the bean pan and combine them well. Let them cook for 2 while stirring all the time.
5. Serve your ginger bean hot with some rice.
6. Enjoy.

BOSTON
Baked Beans

Prep Time: 30 mins
Total Time: 5 hr

Servings per Recipe: 6	
Calories	382 kcal
Fat	6.3 g
Carbohydrates	63.1g
Protein	20.7 g
Cholesterol	14 mg
Sodium	1320 mg

Ingredients

2 C. navy beans, soaked in a large bowl of water for overnight
1 onion, chopped finely
1/2 lb turkey bacon, chopped
1/2 C. ketchup
1/4 C. brown sugar
3 tbsps molasses
1 tbsp Worcestershire sauce
1/4 tsp dry mustard
Salt and freshly ground black pepper, to taste

Directions

1. In a large pan, add the beans and soaked water.
2. Get everything boiling on high heat.
3. Reduce the heat to medium-low.
4. Cover and simmer for about 1-2 hours or till tender enough.
5. Drain well and reserve the liquid into a bowl.
6. Now preheat the oven 325 degrees F.
7. In a bowl, mix together the onion and bacon.
8. Place the beans in the bottom of a casserole dish.
9. Place the bacon mixture over the beans evenly.
10. In a pan, mix together the remaining ingredients with medium heat.
11. Bring to a boil, stirring continuously.
12. Place the molasses mixture over the beans evenly.
13. Place enough reserved cooking liquid to cover the beans.
14. With a lid, cover, the casserole dish.
15. Bake everything for about 3-4 hours.
16. Half way through cooking uncover the casserole dish.

5-Ingredient Romano Penne

Prep Time: 10 mins
Total Time: 30 mins

Servings per Recipe: 5	
Calories	308.2
Fat	4.1g
Cholesterol	8.8mg
Sodium	416.6mg
Carbohydrates	57.4g
Protein	13.4g

Ingredients

8 oz. uncooked penne pasta
2 (14 1/2 oz.) cans Italian-style diced tomatoes
1 (15 oz.) cans cannellini beans, rinsed and drained
1 (10 oz.) packages Baby Spinach, chopped
1/2 C. romano cheese, shredded

Directions

1. Prepare the noodles by following the instructions on the package.
2. Place a saucepan over medium heat. Stir in the beans with tomatoes.
3. Cook them until they start boiling. Lower the heat and let them cook for 11 min.
4. Stir in the spinach and let them cook for an extra 2 to 3 min.
5. Place the pasta on serving plates. Spoon over it the bean sauce followed by cheese.
6. Serve your noodles right away.
7. Enjoy.

BRENDA'S Baked Sesame Beans

Prep Time: 15 mins
Total Time: 35 mins

Servings per Recipe: 4	
Calories	112.1
Fat	6.5g
Cholesterol	0.0mg
Sodium	298.7mg
Carbohydrates	13.1g
Protein	3.0g

Ingredients

1 lb. green beans, ends snapped off
1 tbsp olive oil
1/2 tsp salt
1 tsp pepper
1 tbsp chopped garlic
1 dash ground ginger
2 tsp honey
1/2 tsp sesame oil
1/4 tsp hot red pepper flakes
4 tsp toasted sesame seeds

Directions

1. Before you do anything, preheat the oven to 450 F.
2. Cover a baking pan with a piece of oil.
3. Toss in the beans with olive oil and 1/2 tsp of salt. Spread it in the pan.
4. Place it in the oven and let it cook for 11 min.
5. Get a large mixing bowl: Mix the garlic, ginger, honey, sesame oil, and red pepper.
6. Remove the beans from the pan and slice it into pieces.
7. Add it to the honey mixture and toss them to coat. Spread the mixture back on the pan.
8. Place it in the oven and let it cook for 11 to 16 min.
9. Garnish it with sesame seeds. Serve it hot with some rice or as a side dish.
10. Enjoy.

November
Green Bean Soup

Prep Time: 5 mins
Total Time: 30 mins

Servings per Recipe: 4	
Calories	288.2
Fat	7.5g
Cholesterol	39.9mg
Sodium	1144.3mg
Carbohydrates	38.7g
Protein	16.4g

Ingredients

butter-flavored cooking spray
1/2 lb. lean ground beef
1 C. onion, chopped
1 (10 3/4 oz.) cans condensed cream of tomato soup
1 (8 oz.) cans tomato sauce
1 1/2 C. water
2/3 C. instant rice, uncooked
1 (15 oz.) cans cut green beans, rinsed & drained
2 tsp dried parsley flakes
1/8 tsp ground black pepper

Directions

1. Place a soup pot over medium heat. Heat the oil.
2. Grease it with a cooking spray. Cook in it the onion with beef for 6 min. Discard the fat.
3. Stir in the cream of tomato soup, tomato sauce, and water. Cook them until they start boiling.
4. Stir in the rice, green beans, parsley, and black pepper. Put on the lid and let them cook over low heat.
5. Let them cook for 16 min until the rice is done.
6. Enjoy.

RICE AND BEANS
African Island Style

Prep Time: 12 mins
Total Time: 42 mins

Servings per Recipe: 12	
Calories	230.6
Fat	2.8g
Cholesterol	0.0mg
Sodium	109.7mg
Carbohydrates	44.9g
Protein	5.2g

Ingredients

2 tbsp oil
1 medium onion, sliced
3 C. rice
6 C. water
1 (15 oz.) cans kidney beans
1 tbsp smokey paprika
2 bay leaves
salt
pepper

Directions

1. Place a large saucepan over medium heat. Heat the oil.
2. Cook onion with a pinch of salt for 5 min.
3. Stir in 6 C. of water with paprika, bay leaves, a pinch of salt and pepper.
4. Cook them until they start boiling. Stir in the rice with beans. Put on the lid and lower the heat.
5. Cook them for 26 min. Serve your smoked rice and beans hot.
6. Enjoy.

How to Make a Green Bean Casserole

Prep Time: 5 mins
Total Time: 55 mins

Servings per Recipe: 8	
Calories	225.5
Fat	17.6g
Cholesterol	11.0mg
Sodium	368.6mg
Carbohydrates	11.4g
Protein	7.4g

Ingredients

1/4 C. dried breadcrumbs, divided
2 tsp dried basil
1/2 tsp salt
1/2 tsp black pepper
1/2 tsp dried thyme
1 tsp dried oregano
2 tsp parsley
1 tsp garlic powder
1 C. parmesan cheese, grated
1/2 C. vegetable oil
2 lbs. green beans

Directions

1. Before you do anything, preheat the oven to 350 F.
2. Place the green beans in a steamer. Cook them for 16 min.
3. Get a mixing bowl: Stir breadcrumbs, with basil, salt, pepper, thyme, oregano, parsley, garlic powder and parmesan cheese.
4. Mix in the oil. Reserve 2 tbsp of the mixture aside.
5. Get a baking pan: Toss the breadcrumbs mixture with green beans, a pinch of salt and pepper. Spread it in the pan.
6. Sprinkle the reserved 2 tbsp of the reserved crumbs mixture on top.
7. Place it in the oven and let it cook for 32 min.
8. Enjoy.

COLORADO
Green Beans with Glazed Almonds

Prep Time: 6 mins
Total Time: 16 mins

Servings per Recipe: 4	
Calories	457.0
Fat	38.7g
Cholesterol	53.4mg
Sodium	276.6mg
Carbohydrates	23.4g
Protein	12.1g

Ingredients

2 lbs. green beans, trimmed
7 tbsp butter
1 C. almonds, chopped
1 tbsp minced lemon peel
1/3 C. chopped parsley
salt and pepper

Directions

1. Place a large saucepan of salted water over high heat. Bring to a boil.
2. Cook the green beans for 7 to 8 min. Remove them from the water and transfer them to an ice bath.
3. Drain them and pat them dry.
4. Place a pan over medium heat. Heat the butter and cook in it the almonds for 3 min.
5. Stir in the beans. Cook them for 4 min. Stir in the lemon zest and cook them for an extra minute.
6. Stir in the parsley, a pinch of salt and pepper. Serve our green beans skillet hot.
7. Enjoy.

Chloe's Green Beans

Prep Time: 10 mins
Total Time: 25 mins

Servings per Recipe: 4	
Calories	70.8
Fat	5.8g
Cholesterol	15.2mg
Sodium	44.9mg
Carbohydrates	4.5g
Protein	1.2g

Ingredients

9 oz. fresh green beans
1/3 C. vegetable broth
3 tbsp chopped fresh dill
2 tbsp butter
salt & ground black pepper

Directions

1. Place a large saucepan over medium heat. Heat the broth with dill until they start boiling.
2. Stir in the green beans and put on the lid. Cook them for 7 to 9 min until they become soft.
3. Once the time is up, drain them and place them aside.
4. Get a mixing bowl: Toss in the green beans while hot with butter, a pinch of salt and pepper.
5. Serve your salad right away.
6. Enjoy.

PEA BEAN
Sandwich

Prep Time: 5 mins
Total Time: 5 mins

Servings per Recipe: 1	
Calories	133.0
Fat	1.6g
Cholesterol	0.0mg
Sodium	255.5mg
Carbohydrates	25.3g
Protein	3.8g

Ingredients

2 slices bread
canned pea beans
mayonnaise
salt and pepper

Directions

1. Lay the bread slices on a serving plate. Coat one side of them with mayo.
2. Sprinkle over them some salt and pepper. Top one side with the amount of beans you desire.
3. Cover it with the other slice then serve it right away with your favorite toppings.
4. Enjoy.

Punjabi Garbanzo Curry (Chole)

Prep Time: 10 mins
Total Time: 25 mins

Servings per Recipe: 4	
Calories	186.8
Fat	4.8g
Cholesterol	8.1mg
Sodium	354.1mg
Carbohydrates	30.6g
Protein	6.4g

Ingredients

1 (16 oz.) cans garbanzo beans
1 tbsp ghee
1 onion, diced
1 tsp ginger, grated
1 tsp garlic, minced
1/2 C. tomatoes, diced
1 tsp cumin powder
1 tsp turmeric
1 tsp coriander powder
1 tsp chili powder
1 tsp garam masala
Toppings
coriander leaves
lemon slice

Directions

1. Place a large pan over medium heat. Heat the ghee.
2. Cook garlic with onion and ginger for 6 min.
3. Stir in the tomatoes, and cumin, coriander, turmeric, chili powders, and salt.
4. Let them cook for 6 min. Stir in the garbanzo beans and cook them for 3 min.
5. Stir in the garam masala and let them cook for 2 min.
6. Adjust the seasoning of your garbanzo skillet. Serve it with some lemon slices.
7. Enjoy.

PENNSYLVANIA
Green Beans

Prep Time: 5 mins
Total Time: 15 mins

Servings per Recipe: 6	
Calories	68.3
Fat	3.3g
Cholesterol	0.0mg
Sodium	6.9mg
Carbohydrates	9.1g
Protein	2.7g

Ingredients

1 oz. pine nuts
1 1/2 lbs. green beans, trimmed
2 tbsp lemon juice
salt and pepper

Directions

1. Before you do anything, preheat the oven to 375 F.
2. Spread the pinenuts on a lined up baking sheet. Toast them in the oven for 4 min.
3. In the meantime, place the green beans in the steamer. Cook them for 8 min.
4. Get a serving bowl: Stir the green beans with lemon juice, toasted nuts, a pinch of salt and pepper.
5. Enjoy.

Green Beans Kerala

Prep Time: 15 mins
Total Time: 33 mins

Servings per Recipe: 6	
Calories	58.6
Fat	2.6g
Cholesterol	0.0mg
Sodium	210.0mg
Carbohydrates	8.5g
Protein	1.8g

Ingredients

1 lb. green beans, sliced
1 - 3 tbsp oil
1 tsp mustard seeds
1/2 C. onion, chopped
3/4 C. carrot, sliced
1/8 tsp ground ginger
1 tsp ground coriander
1/2 tsp salt
1 - 2 tbsp lemon juice

Directions

1. Place a large pan over medium heat. Heat 1 tbsp of oil.
2. Toast in it the mustard seeds until they start popping. Stir in the green beans and cook them for 6 min.
3. Add the rest of the ingredients except for the lemon juice. Put on the lid and let them cook for 9 min over low heat.
4. Turn off the heat and stir in the lemon juice. Serve your salad warm.
5. Enjoy.

RICE AND BEANS
Caribbean Style

Prep Time: 10 mins
Total Time: 50 mins

Servings per Recipe: 4	
Calories	411.1
Fat	12.4g
Cholesterol	30.5mg
Sodium	271.4mg
Carbohydrates	63.6g
Protein	12.2g

Ingredients

1/4 C. butter
1 onion, chopped
1 bell pepper, chopped
3 garlic cloves, minced
1/2 C. tomato sauce
2 C. red kidney beans, cooked
1 tsp thyme
2 tsp oregano
1 bay leaf
1 C. long-grain white rice
1 3/4 C. water
scotch bonnet pepper

Directions

1. Place a pot over medium heat. Melt the butter and cook bell pepper with onion for 3 min.
2. Stir in the garlic for 2 min. Stir in the tomato sauce with herbs, beans and scotch bonnet if you're using it.
3. Cook them until they start boiling. Lower the heat and put on the lid.
4. Let them cook for 17 min. Add the rice with water, a pinch of salt and pepper.
5. Cook them over high heat until they start boiling again. Lower the heat and put on the lid.
6. Let them cook for an extra 8 min. Serve your saucy beans and rice hot.
7. Enjoy.

Moroccan Fava Bean Skillet

Prep Time: 30 mins
Total Time: 45 mins

Servings per Recipe: 2	
Calories	574.6
Fat	9.8g
Cholesterol	15.2mg
Sodium	73.9mg
Carbohydrates	90.2g
Protein	34.7g

Ingredients

boiling water
salt
ice
tap water
2 lbs. fresh fava beans, in pods
1 tbsp butter
1 tsp olive oil
2 garlic cloves, minced
salt & ground black pepper

Directions

1. Place a pot over medium heat. Heat 5 C. of water with a pinch of salt until they start boiling.
2. Place the beans and let them cook for 4 min. Drain them and place in an ice bowl.
3. Drain them and discard their shells.
4. Place a pan over medium heat. Heat the oil with butter and cook in the garlic for 60 sec.
5. Stir in the shelled beans and cook them for 6 min. Serve it warm with your favorite toppings.
6. Enjoy.

MEATLESS
Monterey Enchiladas

Prep Time: 15 mins
Total Time: 30 mins

Servings per Recipe: 5	
Calories	702.3
Fat	27.8g
Cholesterol	40.2mg
Sodium	1638.1mg
Carbohydrates	82.6g
Protein	32.4g

Ingredients

1 onion, chopped
4 garlic cloves, minced
3 tbsp vegetable oil
1 (16 oz.) cans black beans, drained and rinsed
1 (16 oz.) cans pinto beans, drained and rinsed
1 (15 oz.) cans enchilada sauce
1/2 C. salsa
3 tsp cumin
1/4 tsp salt
1 - 2 dash black pepper
10 flour tortillas
2 tbsp water
2 C. shredded Monterey jack cheese

Directions

1. Before you do anything, preheat the oven to 350 F.
2. Place a large pan over medium heat. Heat the oil and cook in it the garlic with onion for 3 min.
3. Stir in 1/2 of the pinto beans and half of the black beans. Use a fork to mash them.
4. Stir in the remaining beans with 1/2 of the enchilada sauce, 1/2 C. of salsa, cumin, salt and pepper.
5. Lower the heat and let them cook for 4 min.
6. Spoon each 3 tbsp of the mixture into a tortilla, top them with some cheese and roll them.
7. Place the tortillas with the seam facing down in a greased casserole dish.
8. Get a small mixing bowl: Whisk 2 tbsp of water with the rest of the enchilada sauce.
9. Spread it over the tortillas. Top it with the remaining cheese on top.
10. Lay a piece of foil over it to cover it. Place the casserole in the oven and let it cook for 18 to 21 min.
11. Serve your enchilada hot with the rest of the salsa.
12. Enjoy.

Seattle Kale Bowls

Prep Time: 15 mins
Total Time: 40 mins

Servings per Recipe: 4	
Calories	400.4
Fat	6.3g
Cholesterol	0.0mg
Sodium	802.7mg
Carbohydrates	64.5g
Protein	25.2g

Ingredients

1 tbsp olive oil
6 -8 garlic cloves, minced
1 large onion, chopped
4 C. kale, chopped
4 C. chicken broth
2 (15 1/2 oz.) cans white beans
1 (15 oz.) cans tomatoes
1 tsp dried thyme
1 tsp rosemary
salt and pepper
1 C. of chopped parsley

Directions

1. Place a soup pot over medium heat. Heat the oil and cook onion with garlic for 3 min.
2. Stir in the kale and cook for another 3 min.
3. Stir in 3 C. of the broth, 2 C. of beans, tomatoes, herbs, salt and pepper.
4. Let them cook for 8 min over low heat.
5. Get a food processor: Pour in the rest of the beans with broth.
6. Pulse them several times until they become smooth.
7. Stir the mixture into the pot. Let it cook for 18 min.
8. Adjust the seasoning of your soup then serve it hot.
9. Enjoy.

TOPPED
Tex-Mex Bean Salad

Prep Time: 10 mins
Total Time: 10 mins

Servings per Recipe: 10	
Calories	208.6
Fat	6.6g
Cholesterol	0.0mg
Sodium	393.2mg
Carbohydrates	30.7g
Protein	8.3g

Ingredients

1 (15 1/2 oz.) cans kidney beans, rinsed and drained
1 (15 oz.) cans black beans, rinsed and drained
1 (15 1/2 oz.) cans garbanzo beans, rinsed and drained
2 celery ribs, sliced
1 medium red onion, diced
1 medium tomatoes, diced
1 C. frozen corn, thawed

Dressing
3/4 C. thick & chunky salsa
1/4 C. vegetable oil
1/4 C. lime juice
1 1/2 tsp chili powder
1 tsp salt
1/2 tsp ground cumin

Directions

1. Get a mixing bowl: Stir the beans, celery, onion, tomato and corn.
2. Get a small mixing bowl: Whisk the dressing ingredients.
3. Drizzle the dressing over the salad. Stir them well.
4. Put on the lid and place the bowl in the fridge for at least 3 min.
5. Serve your salad with your favorite toppings.
6. Enjoy.

Chili Gonzalez

Prep Time: 5 mins
Total Time: 20 mins

Servings per Recipe: 4	
Calories	306.4
Fat	2.8g
Cholesterol	0.0mg
Sodium	73.5mg
Carbohydrates	53.9g
Protein	19.5g

Ingredients

1 small onion, chopped
1 green pepper, chopped
2 cloves garlic, minced
1 tsp olive oil
2 (15 oz.) cans red kidney beans, drained and rinsed
1 C. water
2 tbsp chili powder
low-fat Mexican cheese blend

Directions

1. Place a pot over medium heat. Heat the oil and cook garlic with onion for 3 to 4 min.
2. Stir in the spices with beans and water. Lower the heat and let them cook for 11 min.
3. Garnish your chili with cheese. Serve it hot with some rice.
4. Enjoy.

WEEKEND
Enchiladas

Prep Time: 20 mins
Total Time: 40 mins

Servings per Recipe: 12	
Calories	379.9
Fat	14.9g
Cholesterol	37.2mg
Sodium	541.3mg
Carbohydrates	43.7g
Protein	18.2g

Ingredients

1 lb. ground beef
1 (15 oz.) cans pinto beans
1 (14 oz.) cans diced tomatoes, drained
1/2 C. diced fresh poblano peppers
1/2 C. diced white onions
2 cloves crushed garlic
1 C. shredded Mexican blend cheese
salt and pepper
12 -15 8-inch flour tortillas
Enchilada Sauce

2 1/4 C. hot water
1 (6 oz.) cans tomato paste
2 tbsp margarine or 2 tbsp butter
2 tbsp flour
5 tsp red chili powder
1 tsp cumin
2 tsp garlic powder
salt and pepper

Directions

1. To prepare the filling:
2. Before you do anything, preheat the oven to 350 F.
3. Place a large pan over medium heat. Cook the beef, onion, garlic, salt and pepper for 6 min.
4. Strain and discard the fat. Place the cooked beef mixture aside.
5. Stir the tomatoes, peppers or canned chilies, beans, a pinch of salt and pepper in the pan.
6. Put on the lid and let them cook for 5 min. Add to them half C. of the beef mixture to make the filling.
7. Remove it from the heat.
8. To prepare the sauce:
9. Get a mixing bowl: Whisk in all the sauce ingredients.
10. Coat the tortillas with some enchilada sauce. Place each one on a baking sheet.
11. Put in it some of the beef filling and roll it. Repeat the process with the remaining tortillas and filling.
12. Place the tortilla rolls in a greased baking dish.
13. Pour over them remaining enchilada sauce followed by the remaining filling mixture.
14. Lay a piece of foil over it to cover. Place it in the oven and cook for 16 min.
15. Spread the cheese on top. Place the pan in the oven and let it cook for an extra 5 min.
16. Serve your enchilada casserole hot. Enjoy.

Supremo Pintos

Prep Time: 5 mins
Total Time: 25 mins

Servings per Recipe: 6	
Calories	207.3
Fat	3.1g
Cholesterol	0.0mg
Sodium	1.7mg
Carbohydrates	34.3g
Protein	11.8g

Ingredients

1 tbsp vegetable oil
1 whole serrano chili
1/4 tsp serrano chili, ground
1 (28 oz.) cans pinto beans
1/3 C. water

Directions

1. Place a large saucepan over medium heat. Heat the oil.
2. Cook in the chile for 2 min. Stir in the rest of the ingredients.
3. Cook them until they start boiling. Lower the heat and let them cook for 12 to 16 min.
4. Serve your chili beans hot with some rice.
5. Enjoy.

CONTINENTAL
Black Eyed Peas

Prep Time: 10 mins
Total Time: 25 mins

Servings per Recipe: 2	
Calories	1400.0
Fat	49.5g
Cholesterol	0.0mg
Sodium	1808.9mg
Carbohydrates	213.6g
Protein	36.5g

Ingredients

1 1/2 C. dried black-eyed peas
2 medium onions, chopped
2 tbsp oil
5 oz. tomato paste
14.5 oz. coconut cream
2 tsp paprika
1/2 tsp chili powder
1/2 tsp cumin
2 tsp brown sugar
1 tsp salt
black pepper

Directions

1. Prepare the black eyed peas by following the instructions on the package.
2. Place a large pan over medium heat. Heat the oil and cook the onion for 3 min.
3. Stir in the tomato paste with coconut cream, and spices. Cook them for 1 to 2 min while stirring.
4. Strain the cooked beans and add them to the pan. Let them cook for 16 min.
5. Serve it hot with some rice.
6. Enjoy.

Mexican Pinto Beans

Prep Time: 10 mins
Total Time: 30 mins

Servings per Recipe: 6	
Calories	275.8
Fat	5.8g
Cholesterol	0.0mg
Sodium	427.7mg
Carbohydrates	46.3g
Protein	14.3g

Ingredients

2 C. tomatoes, peeled, seeded and diced
1/2 C. vegetable broth
1 green pepper, peeled, seeded and diced
3 tbsp unsweetened chocolate
3 tbsp sesame seeds, roasted
2 tbsp masa harina
2 tbsp raisins
1 1/2 tbsp dried ancho chile powder
3 garlic cloves, peeled
1 tsp coarse salt
1 tsp honey
1/2 tsp ground aniseed
1/4 tsp ground coriander
1/8 tsp cinnamon
1/8 tsp pepper
1/8 tsp ground cloves
1/8 tsp allspice
1 1/2 C. vegetable broth
4 1/2 C. pinto beans, cooked and drained

Directions

1. Place a large pan over medium heat. Heat the oil.
2. Get a food processor: Place the tomatoes with 1/2 C. of broth, green pepper, chocolate, sesame seeds, harina, raisins, chile powder and garlic.
3. Pulse them several times to blend them. Add the honey with anise seed, coriander, salt, cinnamon, pepper, allspice, and cloves.
4. Add 1 1/2 C. of broth. Blend them smooth.
5. Pour the mixture into a large saucepan. Bring them to a simmer. Put on the lid and lower the heat.
6. Stir in the pinto beans and cook them for 16 to 22 min. Serve your stew hot with some rice.
7. Enjoy.

JAKARTA
Curry Beans Hot Pot

Prep Time: 5 mins
Total Time: 15 mins

Servings per Recipe: 4	
Calories	869.5
Fat	12.8g
Cholesterol	0.0mg
Sodium	387.0mg
Carbohydrates	158.1g
Protein	32.9g

Ingredients

2 C. rice
1 tbsp olive oil
1 large red onion
1 large green bell pepper
2 tsp bottled minced garlic
1 (15 oz.) cans dark red kidney beans
1 (14 1/2 oz.) cans diced tomatoes
1 (15 oz.) cans black beans
1 (15 oz.) cans garbanzo beans
3 tbsp peanut butter
1 tbsp curry powder
1 tsp ground cumin
1 tbsp ground ginger

Directions

1. Prepare the rice by following the instructions on the package.
2. Place a large pan over medium heat. Heat the oil and cook the onion for 3 min.
3. Stir in the bell pepper and cook them for 3 min. Stir in the garlic and cook for another 1 min.
4. Stir in the tomatoes and let it cook until they start boiling.
5. Stir in the peanut butter, curry powder, cumin and ginger. Cook them for 1 min.
6. Strain the and rinse the beans. Stir them into the pan
7. Lower the heat and let them cook for 10 to 14 min.
8. Adjust the seasoning of your stew then serve it hot.
9. Enjoy.

Balsamic Greens Beans Oven

Prep Time: 20 mins
Total Time: 53 mins

Servings per Recipe: 6	
Calories	47.5
Fat	0.2g
Cholesterol	0.0mg
Sodium	6.3mg
Carbohydrates	11.0g
Protein	2.1g

Ingredients

1 lb. green beans trimmed
1 red pepper, strips
1 yellow pepper, strips
1 large onion, strips
1/2 C. balsamic vinaigrette
1/2 C. shredded low-moisture part-skim mozzarella cheese

Directions

1. Before you do anything, preheat the oven to 400 F.
2. Stir the veggies with balsamic vinaigrette on a baking sheet.
3. Spread them in an even layer and place it in the oven to cook for 16 mins.
4. Top with cheese and place it back in the oven to cook for 2 to 4 mins until the cheese melts.
5. Serve your oven bean stir fry hot.
6. Enjoy.

FULL GREEN
Bean Roast

Prep Time: 15 mins
Total Time: 45 mins

Servings per Recipe: 6	
Calories	110.6
Fat	7.3g
Cholesterol	11.1mg
Sodium	340.5mg
Carbohydrates	9.1g
Protein	3.7g

Ingredients

1 lb. green beans, trimmed
1 small white onion, sliced
2 cloves garlic, minced
2 tbsp olive oil
1/2 tsp salt
ground black pepper
2 medium tomatoes, seeded and chopped
1/2 C. crumbled feta cheese
1 tbsp chopped basil
1 tbsp chopped oregano

Directions

1. Before you do anything, preheat the oven to 400 F.
2. Get a mixing bowl: Stir the beans, onion, garlic, oil, salt and pepper.
3. Spread the mixture in a baking dish. Lay over it the tomatoes, feta cheese, basil, and oregano.
4. Place it in the oven and let it cook for 32 min.
5. Serve it hot with some pita bread or rice.
6. Enjoy.

Los Angeles Street Tacos

Prep Time: 15 mins
Total Time: 25 mins

Servings per Recipe: 4	
Calories	278.4
Fat	8.1g
Cholesterol	37.7mg
Sodium	228.8mg
Carbohydrates	31.9g
Protein	21.8g

Ingredients

2 boneless skinless chicken breasts, cooked, shredded
1 (16 oz.) cans black beans, undrained
1 C. corn
1/2 C. black olives, sliced
1 jalapeno pepper, chopped
1/2 C. chopped onion
1 tsp minced garlic
1 - 2 tbsp olive oil
1 - 2 tbsp chili powder
1/4 - 1/2 tsp red pepper flakes
1/2 tsp oregano
1 - 2 tsp cumin
1/2 C. water
salt
4 - 8 oz. tomato sauce
flour tortilla
Vegetable oil
Garnish
sour cream
salsa
shredded cheese
guacamole

Directions

1. Place a large pan over medium heat. Heat a splash of oil and cook the onion for 3 min.
2. Stir in the jalapeno with garlic. Cook them for 3 min.
3. Stir in the chicken with spices, corn, black beans, onion, olives, garlic, and tomato sauce.
4. Let them cook for 9 min over high heat while stirring continuously.
5. Spoon the mixture into tortillas and wrap them. Serve them with your favorite toppings.
6. Enjoy.

MEDITERRANEAN
White Bean Dip

Prep Time: 15 mins
Total Time: 15 mins

Servings per Recipe: 1	
Calories	969.7
Fat	40.5g
Cholesterol	133.5mg
Sodium	3615.0mg
Carbohydrates	102.3g
Protein	53.2g

Ingredients

1 (19 oz.) cans white kidney beans, drained and rinsed
2 cloves garlic, minced
1 tsp red wine vinegar
1 tsp dried oregano
1 C. tzatziki sauce
2 tomatoes, seeded and diced
2 green onions, chopped
1 C. crumbled feta cheese
10 kalamata olives, pitted and slivered
2 tbsp chopped parsley
1/4 tsp ground pepper

Directions

1. Get a blender: Combine beans, garlic, vinegar and oregano and blend them smooth.
2. Get a shallow casserole dish: Spread in the tzatziki sauce.
3. Top it with tomatoes, green onions, feta, olives, parsley and pepper.
4. Lay cling wrap over it. Place it in the fridge to sit for at least 5 h.
5. Serve your dip with some chips or pita bread.
6. Enjoy.

Country Topped Bean Nachos

Prep Time: 1 hr
Total Time: 1 hr 25 mins

Servings per Recipe: 4	
Calories	962.8
Fat	55.7g
Cholesterol	72.8mg
Sodium	694.7mg
Carbohydrates	92.7g
Protein	30.0g

Ingredients

1 lb. sweet potato, peeled and diced
3 tbsp olive oil
2 tsp cumin seeds
2 tsp coriander seeds
1 medium onion, sliced
2 garlic cloves, crushed
1 small red chili, de-seeded and chopped
1 tsp paprika
14 oz. tinned chopped tomatoes
1/2 medium red pepper, diced
1/2 medium green pepper, diced
10 oz. tinned red kidney beans, rinsed and drained
8 oz. tortilla chips
8 oz. cheddar cheese
2 tbsp chopped coriander, leaf
1 medium avocado, peeled and sliced
1/3 C. sour cream

Directions

1. Before you do anything, preheat the oven to 350 F.
2. Lay the sweet potatoes on a baking sheet and drizzle 2 tbsp of oil, cumin, and coriander seeds over them
3. Place them in the oven and let it cook for 1 h.
4. Allow it to cool down then peel and mash them.
5. Place a large pan over medium heat. Heat the rest of the oil.
6. Stir in the onion, garlic, chili and paprika. Put on the lid and let them cook for 9 min.
7. Stir in the tomatoes with peppers, a pinch of salt and pepper. Cook them for 6 min.
8. Fold the beans into the mixture to make the salsa.
9. Lay the corn chips in the bottom of 4 small baking glass dishes.
10. Spoon over the bean salsa followed by the sweet potato and cheese. Place them in the oven and let them cook for 11 min.
11. Serve your nachos dip with your favorite toppings.
12. Enjoy.

BAJA
Taquitos

Prep Time: 25 mins
Total Time: 45 mins

Servings per Recipe: 6	
Calories	797.3
Fat	60.2g
Cholesterol	26.0mg
Sodium	1061.9mg
Carbohydrates	56.7g
Protein	14.4g

Ingredients

Taquitos
1 (16 oz.) cans refried beans
1 1/2 tbsp Tabasco Chipotle Pepper Sauce
1 tsp ground cumin
1 tsp ground coriander
1 tsp salt
3/4 C. shredded Mexican blend cheese
24 small corn tortillas
1 C. peanut oil
Guacamole
3 ripe avocados
2 tbsp chopped cilantro
1/2 lime, juice of
1 tsp minced garlic
1 tbsp minced jalapeno pepper
3 tbsp minced onions
1/2 tsp salt
1/2 tsp white pepper
3 tbsp sour cream

Directions

1. To prepare the guacamole:
2. Get a small mixing bowl: Mash the avocado.
3. Add in lime juice with garlic, pepper onion, cilantro, salt and white pepper and mix them well.
4. Place the guacamole in the fridge until ready to serve.
5. To prepare the taquitos:
6. Place the tortillas between paper towels. Microwave them on high for 30 sec, 3 to 4 one at time.
7. Get a mixing bowl: Stir in the beans, Tabasco, cumin, coriander, salt and cheese to make the filling.
8. Lay each tortilla on a cutting board. Place on one side of it 1 tbsp of the filling then roll it.
9. Press a tooth pick into the middle of each taquito to keep it sealed.
10. Place a deep skillet over high heat. Heat 1 1/2 inches for oil.
11. Fry in it the taquitos in batches until they become golden brown and crunchy.
12. Drain them and place them on paper towels.
13. Serve your taquitos warm with guacamole and sour cream. Enjoy.

Bean Sprout Salad with Chili Lime Dressing

Prep Time: 15 mins
Total Time: 15 mins

Servings per Recipe: 6	
Calories	47.9
Fat	2.4g
Cholesterol	0.0mg
Sodium	83.7mg
Carbohydrates	6.1g
Protein	1.7g

Ingredients

Salad
1 cucumber, quartered lengthwise and sliced
1 medium red onion, peeled, halved and sliced
2 C. bean sprouts
1/4 C. of fresh mint, chopped
1/4 C. fresh coriander, chopped

Dressing
1 tbsp lime juice
1 tbsp peanut oil
2 tbsp sweet chili sauce
1 tsp fish sauce

Directions

1. Get a mixing bowl: Toss in the salad ingredients.
2. Get a small mixing bowl: Whisk in dressing ingredients.
3. Drizzle over the salad and stir to coat well. Serve your salad right away.
4. Enjoy.

ARIZONA
Re-Fried Bean Burgers

Prep Time: 10 mins
Total Time: 15 mins

Servings per Recipe: 6	
Calories	144.6
Fat	2.1g
Cholesterol	0.0mg
Sodium	189.8mg
Carbohydrates	27.5g
Protein	4.4g

Ingredients

1 (16 oz.) cans fat-free refried beans
1 tsp oil
1/2 C. small onion, chopped
1/2 green pepper, chopped
1/4-1/2 C. frozen corn
1 carrot, peeled and shredded
1/8 C. picante sauce
1 C. breadcrumbs
1/2 C. flour
1 tsp black pepper
salt
1 dash chili powder
1 dash cumin
1/2 C. sliced black olives
hot sauce

Directions

1. Place a large pan over medium heat. Heat the oil.
2. Cook the onions, carrots, corn and chopped green pepper for 5 min.
3. Get a food processor: Combine beans with the cooked veggies. Pulse them several times to blend them smooth.
4. Transfer the mixture to a mixing bowl. Mix in the rest of the ingredients.
5. Shape the mixture into burger cakes.
6. Place a large skillet over medium heat. Coat the burgers with a cooking spray.
7. Cook them in the hot pan for 3 to 4 min on each side.
8. Assemble your burgers with your favorite toppings.
9. Enjoy.

African Potato Hot Pot

Prep Time: 15 mins
Total Time: 40 mins

Servings per Recipe: 4	
Calories	85.3
Fat	0.3g
Cholesterol	0.0mg
Sodium	300.9mg
Carbohydrates	19.4g
Protein	3.2g

Ingredients

14 oz. green beans, trimmed and sliced
1 potato, medium, peeled and sliced
1 onion, medium, peeled and sliced
1/2 tsp sugar
1/3 tsp white pepper
1/2 tsp salt
1/3 tsp nutmeg
butter

Directions

1. Place a large saucepan over medium heat. Combine beans, potato and onion.
2. Stir in 1/3 C. water, sugar, white pepper and salt. Put on the lid and let them cook until they start boiling.
3. Lower the heat and let them cook for 14 to 16 min until the veggies become tender.
4. Use a potato masher to mash the veggies until they become chunky.
5. Strain the mixture and stir back into the pot with some butter. Stir them well.
6. Serve your stew hot with some rice or bread. Garnish it with nutmeg powder.
7. Enjoy.

CREAMY
Country Casserole

Prep Time: 5 mins
Total Time: 40 mins

Servings per Recipe: 6	
Calories	81.2
Fat	3.5g
Cholesterol	1.4mg
Sodium	720.1mg
Carbohydrates	9.9g
Protein	2.7g

Ingredients

1 (10 3/4 oz.) cans condensed cream of mushroom soup
1/4 C. milk
1/8 tsp black pepper
2 (14 1/2 oz.) cans cut green beans, drained
1 1/3 C. French-fried onions

Directions

1. Before you do anything, preheat the oven to 350 F.
2. Get a casserole dish: Stir in the soup, milk and pepper.
3. Fold the green beans with 2/3 C. fried onions into the mixture.
4. Place the pan in the oven and let them cook for 32 min.
5. Top it with the rest of the fried onions. Bake it for an extra 6 min.
6. Serve your creamy beans pan hot.
7. Enjoy.

Beans Caprese

Prep Time: 15 mins
Total Time: 45 mins

Servings per Recipe: 4	
Calories	99.0
Fat	3.3g
Cholesterol	7.6mg
Sodium	37.8mg
Carbohydrates	16.8g
Protein	3.5g

Ingredients

1 1/2 lbs. green beans
1 tbsp butter
3/4 tsp garlic salt
1 tbsp sugar
1/2 tsp basil
salt
pepper
1/2 pint cherry tomatoes, halved

Directions

1. Place a large saucepan of water over high heat. Heat it until it starts boiling.
2. Cook in it the green beans for 7 min until they become tender. Drain them.
3. Place a large skillet over medium heat. Heat the butter until it melts.
4. Cook in it the garlic salt, sugar, basil, salt and pepper with cherry tomatoes for 3 min.
5. Stir in the green beans and cook them for another 2 min.
6. Serve your green beans stir fry warm with some rice or roast.
7. Enjoy.

CANNELLINI
and Carrot Bowls

Prep Time: 2 mins
Total Time: 22 mins

Servings per Recipe: 8	
Calories	214.6
Fat	3.8g
Cholesterol	0.0mg
Sodium	786.0mg
Carbohydrates	36.0g
Protein	11.5g

Ingredients

1 tbsp olive oil
8 garlic cloves, minced
1 medium yellow onion, chopped
4 C. raw kale, chopped
4 C. chicken broth, divided
2 (15 oz.) cans cannellini beans, split
2 (15 oz.) cans sliced carrots, undrained
1 (28 oz.) cans diced tomatoes
2 tsp Italian herb seasoning
salt and pepper
1 C. chopped parsley
shredded parmesan cheese

Directions

1. Get a mixing bowl: Place a soup pot over medium heat. Heat the oil and cook the onion and garlic for 3 min.
2. Stir in the kale and cook them for 16 min.
3. Stir in 3 C. of broth with 2 C. of beans, carrots, tomatoes, herbs, a pinch of salt and pepper.
4. Let them cook for 6 min.
5. Get a blender: Combine in it the remaining broth with beans. Blend them smooth.
6. Stir the mixture into the soup. Let it cook for 16 min until it becomes thick.
7. Adjust the seasoning of your soup then serve it hot. Garnish it with some parsley or cheese.
8. Enjoy.

Hot Refried Dip

Prep Time: 15 mins
Total Time: 15 mins

Servings per Recipe: 4	
Calories	100.1
Fat	1.2g
Cholesterol	0.0mg
Sodium	768.3mg
Carbohydrates	17.0g
Protein	5.8g

Ingredients

1 (15 oz.) cans refried beans
5 slices bottled jalapenos
1 tbsp brine, from bottled jalapeno slices
1/2 tsp salt
1/2 tsp granulated sugar
1/4 tsp onion powder
1/4 tsp paprika
1/8 tsp garlic powder
1/8 tsp cayenne pepper

Directions

1. Get a food blender: Place in it all the ingredients. Blend them smooth.
2. Spoon the dip into a serving bowl. Cover it with a cling foil and refrigerate it for 60 min.
3. Garnish your dip with some shredded cheese. Serve it with some nachos or toast.
4. Enjoy.

GARDEN
Green Beans

Prep Time: 5 mins
Total Time: 17 mins

Servings per Recipe: 4	
Calories	115.0
Fat	8.9g
Cholesterol	22.9mg
Sodium	377.4mg
Carbohydrates	8.7g
Protein	2.3g

Ingredients

1 lb. green beans
2 C. water
3 cloves garlic, minced
3 tbsp butter
1/2 tsp salt
1/8 tsp pepper

Directions

1. Place a large saucepan of water over high heat. Heat it until it starts boiling.
2. Cook in it the green beans for 11 min until they become tender. Drain them.
3. Place a pan over medium heat. Heat the butter. Cook in it the garlic for 1 min
4. Stir in the beans with a pinch of salt and pepper. Cook them for 2 to 3 min.
5. Serve your garlicky beans hot as a side dish.
6. Enjoy.

Karen's Lunch Box (Kidney Bean Salad)

Prep Time: 20 mins
Total Time: 20 mins

Servings per Recipe: 4	
Calories	593.1
Fat	15.4g
Cholesterol	0.0mg
Sodium	153.0mg
Carbohydrates	87.4g
Protein	30.1g

Ingredients

3 (16 oz.) cans red kidney beans, drained & rinsed
1 C. chopped onion
1 C. chopped celery
1 C. mayonnaise
1/4 C. oil
1 tbsp regina red wine vinegar
1/4 C. sweet pickle relish, drained
1 pinch sugar
salt & pepper

Directions

1. Get a mixing bowl: Whisk in mayonnaise, oil vinegar, sugar, salt and pepper.
2. Fold the onion into the mixture with beans, relish and celery.
3. Cover the bowl and place the salad in the fridge for an overnight.
4. Serve it with your favorite toppings.
5. Enjoy.

SATURDAY
Night Burritos

Prep Time: 5 mins
Total Time: 20 mins

Servings per Recipe: 6	
Calories	336.8
Fat	14.7g
Cholesterol	51.4mg
Sodium	977.2mg
Carbohydrates	29.5g
Protein	21.0g

Ingredients

1 lb. ground beef
1/4 C. tomato puree
1 (16 oz.) cans refried beans
1 small onion, chopped
1 tsp salt
3/4 tsp chili powder
1/2 tsp coriander
1/2 tsp garlic powder
3/4 tsp cumin
1/4 tsp cayenne pepper
1/4 tsp black pepper
6 flour tortillas

Directions

1. Place a pan over medium heat. Cook in it the beef for 6 min.
2. Stir in the rest of the ingredients and let them cook for an extra 12 min.
3. Lay the tortillas on serving plates. Divide the beef mixture between them.
4. Wrap the tortillas around the filling burrito style.
5. Serve them with toppings of your choice.
6. Enjoy.

Smoky Mountain Rice and Beans

Prep Time: 20 mins
Total Time: 2 hr 20 mins

Servings per Recipe: 6	
Calories	351.7
Fat	21.9g
Cholesterol	46.2mg
Sodium	1620.1mg
Carbohydrates	22.5g
Protein	16.4g

Ingredients

1 lb. dried red kidney beans
2 quarts water
2 medium onions, chopped
2 stalks celery, with leaves, chopped
1/2 large bell pepper, chopped
2 1/2 tsp salt
1 1/2 tsp thyme
1 1/2 tsp oregano
1 1/4 tsp garlic powder
3/4 tsp cayenne pepper
2 bay leaves
1 lb. beef sausage, sliced

Directions

1. Place a large pot over high heat. Stir in 2 quarts of water with the rest beans. Let them sit for 8 h.
2. On the next day, stir into them the onions, celery, and bell pepper.
3. Heat them until they start boiling. Put on the lid and lower the heat. Let them cook for 90 min.
4. Once the time is up, stir in the sausages with spices. Let them cook for an extra 35 min.
5. Adjust the seasoning of your beans stew. Serve it hot with some steamed rice.
6. Enjoy.

CAJUN
Chickpeas

Prep Time: 4 mins
Total Time: 49 mins

Servings per Recipe: 8	
Calories	126.5
Fat	1.2g
Cholesterol	0.0mg
Sodium	317.9mg
Carbohydrates	24.0g
Protein	5.2g

Ingredients

2 (15 oz.) cans garbanzo beans, drained and rinsed
cooking spray
1 tbsp Cajun seasoning, see appendix
1 tsp garlic powder
1 tsp onion powder
cayenne

Directions

1. Before you do anything, preheat the oven to 350 F.
2. Line up a baking sheet with a piece of foil. Lay in it the chickpeas in an even layer.
3. Spray it with a cooking spray. Add the spices and stir them well to coat.
4. Place the pan in the lowest rack of the oven. Let them cook for 46 min. Stir them every 18 min.
5. Serve your golden beans warm as a topping.
6. Enjoy.

Southwest Dump Dinner (Rice and Beans)

Prep Time: 5 mins
Total Time: 3 hr 5 mins

Servings per Recipe: 1	
Calories	1898.7
Fat	7.6g
Cholesterol	0.0mg
Sodium	6522.4mg
Carbohydrates	353.9g
Protein	105.7g

Ingredients

1 (1 lb.) bag dried pinto bean
1/3 C. picante sauce
2 1/2 tsp salt
1/2 tsp pepper
1 tsp garlic powder
1 tbsp garlic, minced
1 tbsp chili powder
1/2 tsp cumin
1/2 tsp oregano
3 bay leaves
1 C. cooked white rice

Directions

1. Place the beans in a slow cooker or crockpot. Cover them with water until it is 2 inches on top of it.
2. Stir in the spices with picante sauce and bay leaves. Put on the lid and let them cook for 3 h on high.
3. Once the time is up, stir in the rice. Serve your beans rice hot with your buttered corn.
4. Enjoy.

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